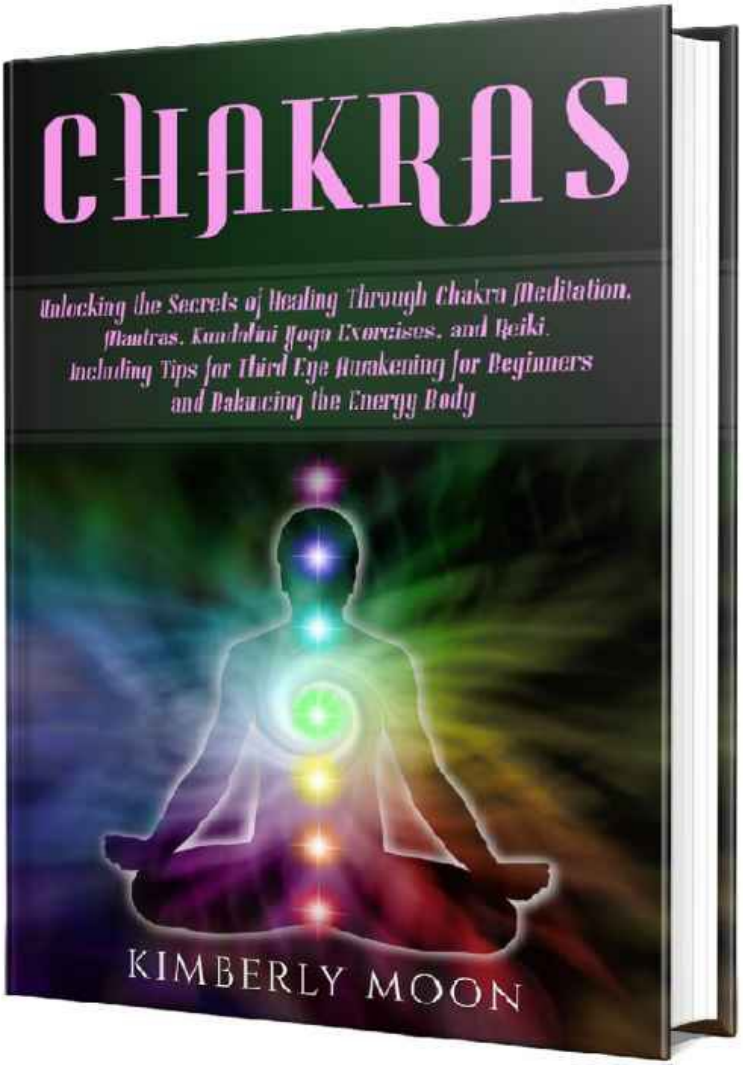
CHAKRAS
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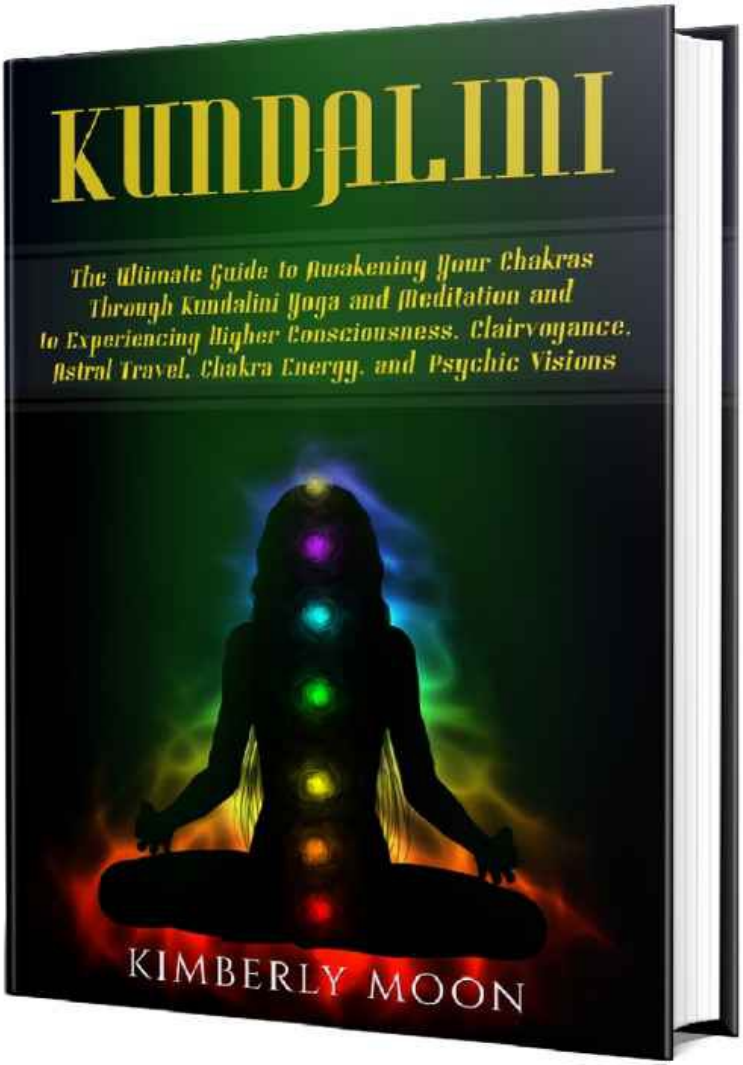
KUNDALINI
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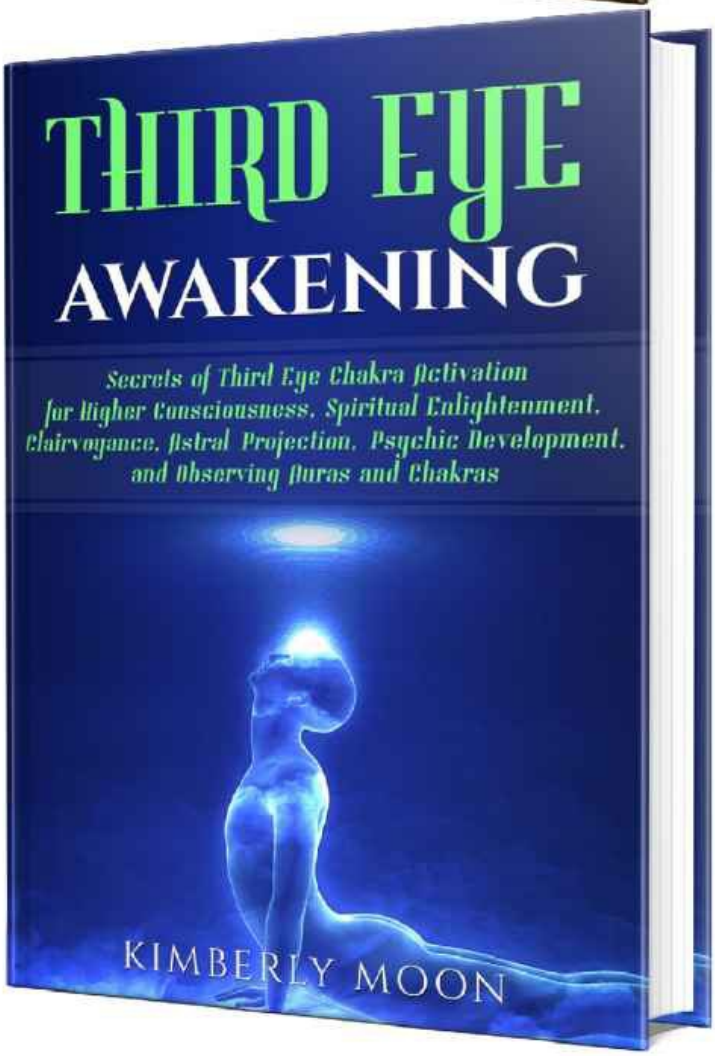
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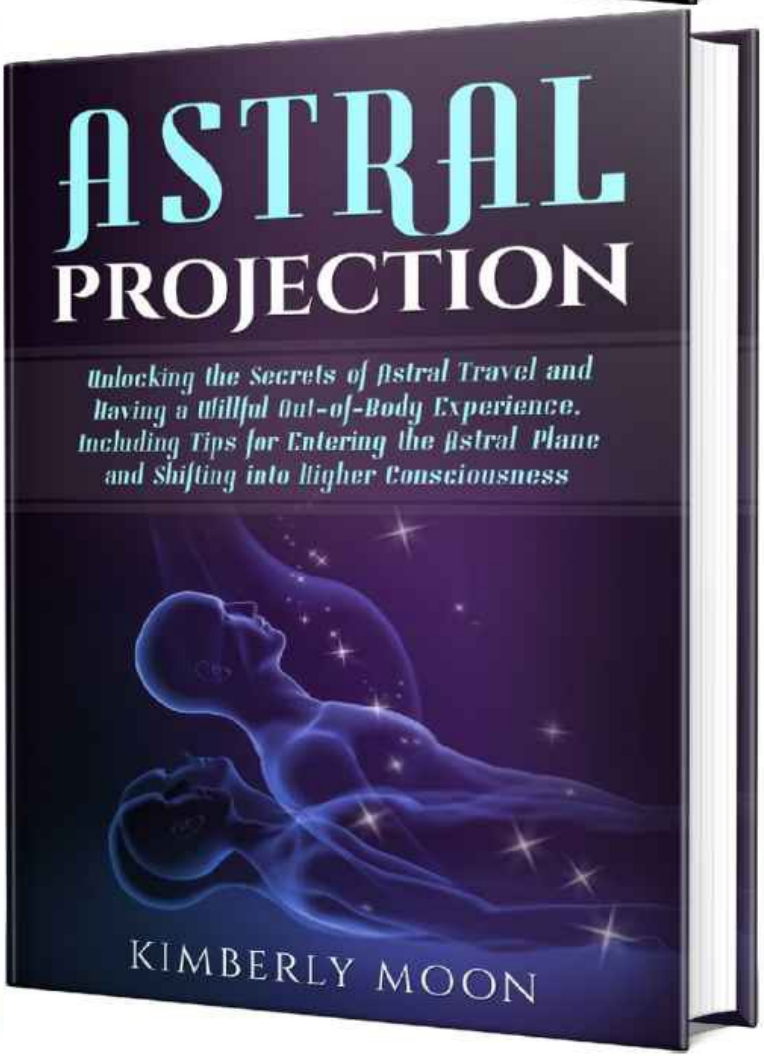
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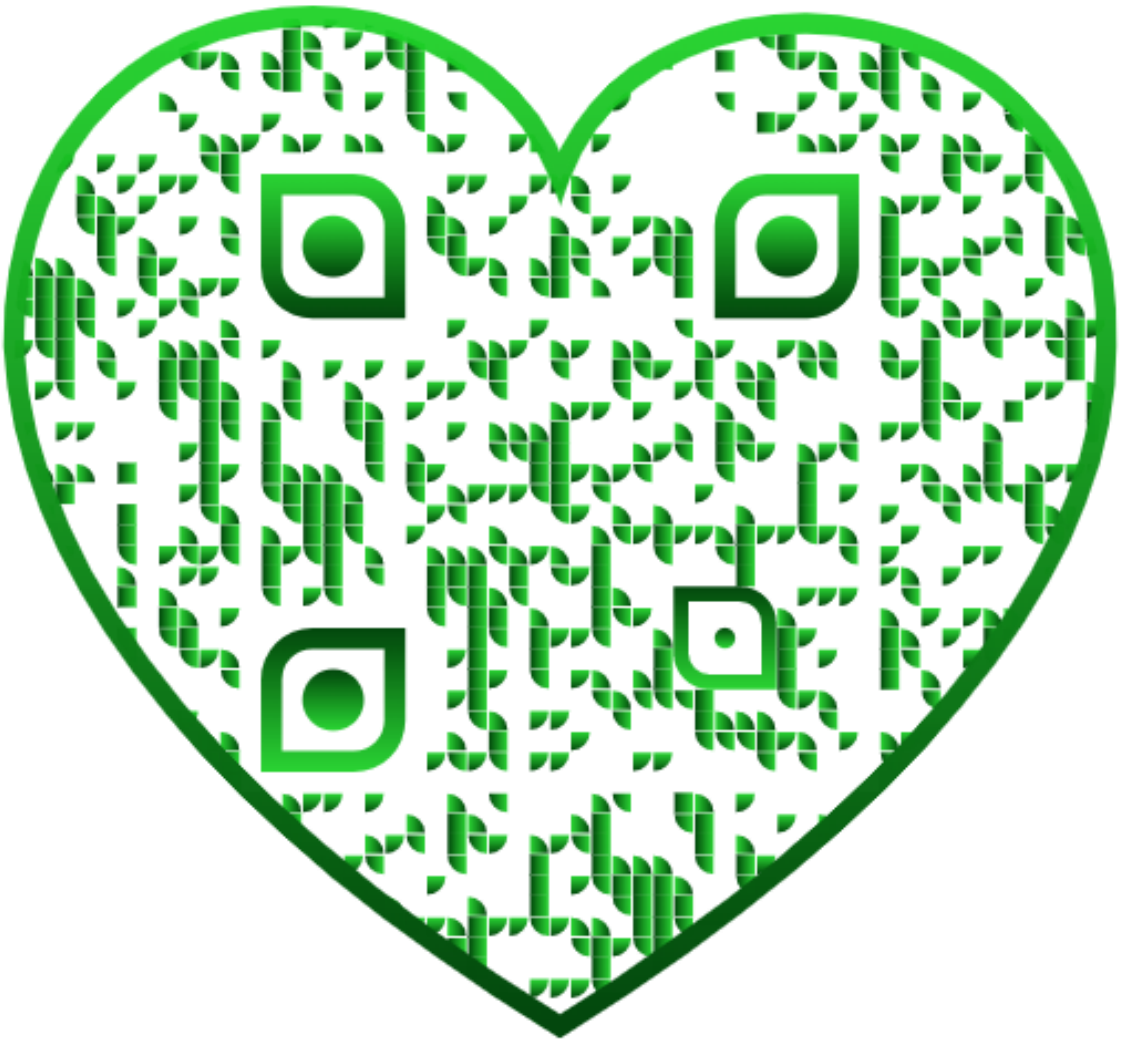


Chakras

Unlocking the Secrets of Chakra Healing, Kundalini Meditation, Third Eye Awakening, Astral Projection, and Psychic Development

Table of Contents

Part 1: Chakras
Introduction
Truth About Chakras
A Quick History
  Root Chakra – Muladhara
Sacral Chakra – Svadhishana
  Solar Plexus Chakra – Manipura
  Heart Chakra – Anahata
  Throat Chakra – Vishuddha
  Third Eye Chakra – Ajna
Crown Chakra – Sahaswara
Developing Chakras
Balancing Chakras
  7 Signs That Your Chakras Are Out of Balance
  10 Benefits of Healing Your Chakras
14 Myths About Chakras
7 Ways to Improve Your Healing Process
Risks of Opening Your Chakras
Common Mistakes
Chakra Healing Techniques
  Kundalini Yoga
    Yoga Practice #1
    Yoga Practice #2
    Yoga Practice #3
  Reiki
    Self-Healing Technique
  Mantras
  Chakra Meditations
    Root Chakra Meditation
    Sacral Chakra Meditation
    Solar Plexus Chakra Meditations
    Heart Chakra Meditation
    Throat Chakra Meditation

Third Eye Chakra Meditation
Crown Chakra Meditation
Multiple Chakra Meditation
Inner Vision
Violet Flame
Boat of Wellbeing
Chakra Healing
White Light
What's Holding You Back
Awakening the Third Eye
Chakra FAQ
Conclusion
Part 2: Kundalini
Introduction
Chapter 1: Introduction to the Kundalini
The History of Kundalini
What is "Kundalini" All About, Exactly?
Chakras & the Kundalini
What to Do with Your Kundalini
Frequently Asked Questions
What is kundalini?
What is kundalini yoga?
How does kundalini yoga tie into kundalini awakening?
What should I expect from my kundalini awakening?
Is kundalini, shakti, prana, chi, qi, and reiki all talking about the same thing?
Will this experience be dramatic or subtle? Uncomfortable or easy? Painful or painless?
What will I get out of it?
Do I need a guru/guardian/healer/teacher for this type of work?
How do you awaken the kundalini?
What are the health benefits of kundalini awakening?
If I'm practicing another religion, should I try to awaken myself in this way or is it too much?
Will kundalini awakening be in conflict with my other methods of searching for spiritual enlightenment?
Is forcing the kundalini awake a bad move?

Will this awakening get in the way of my work?
Will this awakening get in the way of my family?
What happens if my kundalini starts awakening and stops?
Does exercise help or hinder awakening of this type?
What will the awakening look like once it's finally achieved?
Will I have special abilities once my kundalini is awakened?
How long will this process take?
How do I know if I'm doing something wrong?
Other than meditation and yoga, what can I do to help the process along?
Does kundalini awakening help with ADHD and other disorders?
Chapter 2: Kundalini 101
10 Benefits to Awakening
Increased intelligence and IQ capacity
Greater sense of peace, bliss, and tranquility
Greater sense of purpose and mission in this lifetime
Increased sense perceptions
Anti-aging capacity in the mind & body
Better connection to divinity, god, the goddess, the light, etc.
Increased capacity for sexual pleasure (gateway to tantric sex)
Increased psychic abilities
Greater sense of o0ne's manifestation capacity
Physical relief from certain illnesses & diseases
10 Myths about Kundalini & Its Awakening
Kundalini awakening is dangerous, and the energy released is frightening.
Kundalini awakening is tied to one specific religion (or it's a cult).
You will have to wear a headpiece constantly once your kundalini is awakened.
Kundalini awakening all goes back to sex.
Your relationship with your friends and your family will suffer after you're awakened.
Kundalini awakening is all about breathing and meditation; it's not physical at all.
You can only experience kundalini awakening if you're led by a guru.
Only certain people can have this awakening happen because it's so

difficult.
The only way to awaken your kundalini is to have reiki done for you.
You'll get superhuman powers with Kundalini Awakening.
21 Signs of Kundalini Awakening
Feelings of lightning bolts in the body
Waves of hot and cold flashes
Spontaneous emotional release during meditation
Making animal sounds or gestures during meditation
Hands, limbs, and feet tend to go numb and tingle
Increased desire to visit ancient & sacred places
Frequent sensory overload (at the beginning)
Spontaneous waves of bliss or even pleasure
Periods of extremely heightened creativity
Mouth fills up with water during meditation
Spontaneous singing of old songs (you haven't heard) or practicing of ancient yogic techniques (you've never even tried)
Feeling intense headaches during meditation that resolve themselves easily
Receiving visions of skeletons or ancestors during meditation
Frequent mood swings in day-to-day life
Hearing sounds (like music) that no one else hears
Receiving spontaneous waves of wisdom, insight, or knowledge
Seeing visions from the past
Feelings of deep and unshakeable purity
Diseases start to become healed
Personality quirks are lessened and smoothed out
Increased artistic inspiration from nature & others
Chapter 3: Kundalini Awakening
29 Awakening Techniques
Apply kundalini yoga to your practice
Use visualization techniques to increase shakti movement
Use guided meditation techniques to increase shakti movement
Try pulling the kundalini up from your crown
Change your mindset
Play the observer
Find a teacher, supporter, guru, or mentor

Use chanting & kirtan
Do things that make you truly happy
Practice saying "yes"
Practice saying "no"
Use music therapy
Use sound therapy
Use art therapy
Use color therapy
Spend less time on screens
Change up your social media feed
Trust in the universe, in felicity, and in synchronicity
Pay closer attention to your breathing
Pay closer attention to your posture
Try tapping into the "chakra channel"
Practice seeing proof of divinity in everything
Connect with your spirit guides
Use healing crystals
Practice random acts of kindness or paying it forward
Meditate to open, cleanse & align the chakras first
Practice active patience & forgiveness
Practice tantric sex with your partner
Try orgasming differently

6 Other Practices That Can Help

Start running
Change your diet
Spend time with nature & meditate there
Live a life of service or try volunteering
Boost your practice with other subtle energy-healing techniques
Take a dance class

Chapter 4: Troubleshooting Your Awakening

12 Things That Could Be Holding You Back

Physical challenges
Experiencing things with too much intensity or too quickly
Diet doesn't support awakening
You're focusing on the wrong body part
Your mentality ignores the body or vice versa

Poor or unsupportive mood
Overwhelming urges for control
Past trauma or PTSD is too strong of a blockage
Unwillingness to face one's true nature
No community of support
No teacher or guide
Environments don't support awakening
10 Dangers & Risks Associated with Awakening
Overburdening or overwhelming the soul
Doing things too much and too quickly
Your body can't keep up with the mind
Lack of groundedness due to spiritual "highs"
Jerkiness & muscle spasms
Finding yourself alone in the "dark night of the soul"
Trouble adjusting to new worldview
Reworking & resolving trauma (potentially alone)
Ignoring one's transformative responsibility with drugs
Developing kundalini syndrome
15 Biggest Mistakes People Have Made (and How to Avoid Them)
Falling into the "goodness" ego trap
Falling into the "spiritual" ego trap
Falling into the "love & light" ego trap
Falling into insincere niceness
Falling into judgmental comparisons
Giving up too soon
Rushing or forcing the process
Losing discipline through the process
Spending less time (or no time) with nature
Looking at spirituality as the end-goal or destination
Using the process simply to get psychic powers
Looking for answers primarily outside one's self
Getting overly attached to spiritual practice
Using the process simply to contact the dead
Using the process hoping to be set free
Chapter 5: Kundalini Master's Class
Chakra Healing & Alignment

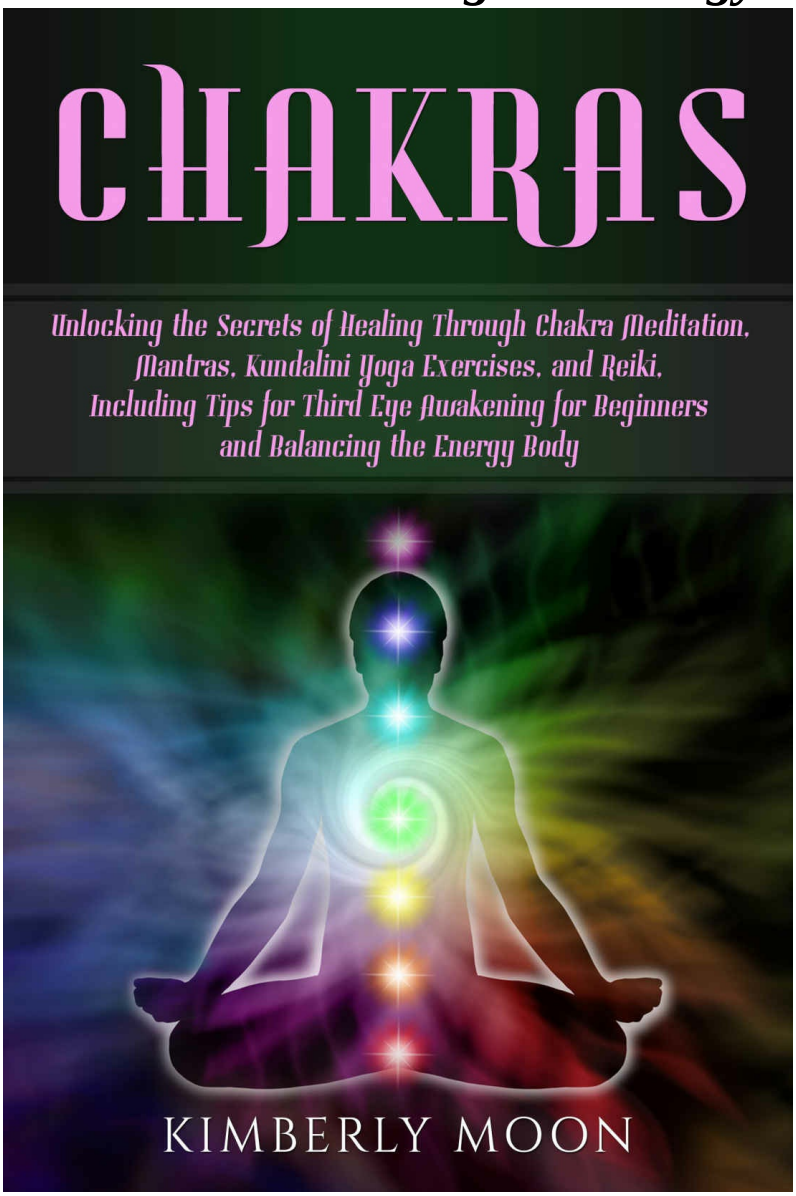
Reaching Higher Planes of Consciousness
Astral Projection & Travel
Clairvoyance & Other Psychic Gifts
Conclusion
Part 3: Third Eye Awakening
Introduction
Chapter 1: The Role of Energy Centers in Our Body
Chapter 2: The Concept of The Third Eye
Chapter 3: The Mystery of the Pineal Gland and Reasons of Its Calcification
Chapter 4: Top Twenty-One Foods and Supplements That Help in Healing the Pineal Gland and Activating the Third Eye
Chapter 5: Other Ways to Decalcify Your Pineal Gland
Chapter 6: Strategy to Decalcify Your Pineal Gland
Chapter 7: The Pineal and the Third Eye — Key to Higher Consciousness
Chapter 8: Third Eye — The Source of Amazing Abilities
Chapter 9: Important Preparations Before Third Eye Activation
Chapter 10: The Ways to Protect Yourself during Third Eye Activation
Work on Yourself
Some Effective Ways to Manage Energies
Chapter 11: Breathing Technique to Help in Third Eye Activation
Chapter 12: Four Powerful Techniques for Awakening Your Third Eye
Technique 1
Things to Remember
Technique 2
Trataka Meditation
Open Eyes Meditation
Closed Eyes Meditation
Technique 3
Technique 4
Chapter 13: Meditation — The Way to Keep Your Third Eye Active
Best Time to Meditate
The Preparation
The Process
Chapter 14: Seven Things Holding You Back from Awakening Your Third Eye
Chapter 15: The Dangers of Opening Your Third Eye

Potential Problems and How to Deal with Them
You Shouldn’t Try Third Eye Activation If:
Chapter 16: The Biggest Mistakes People Make When Trying to Activate the Third Eye
Chapter 17: Five Myths about the Third Eye and Reasons the Media Wants You to Stay Asleep
Chapter 18: Frequently Asked Questions
Conclusion
Part 4: Astral Projection
Introduction
Chapter 1: What Is Astral Projection?
Chapter 2: What to Know Before You Try Astral Projection and What Might Be Holding You Back
Eat
Hydrate
Meditate
Visualize
Fear
Doubt
Chapter 3: Best Astral Projection Techniques and How to Perform Them
Space
Breathe
Meditate
Vibrational Stage
Visualize Movement
Astral Projection
Chapter 4: How Do I Come Back and What to Do After?
Chapter 5: What Is the Downside of Astral Projection?
One
Another
Lucid dreaming
Chapter 6: Frequently Asked Questions About Astral Projection
How Much Time Does It Take to Astral Project?
Do I Need to Protect Myself in Any Way?
How Do I Know If It Worked?
Am I Crazy to Believe in Astral Projection?

I Haven’t Been Able to Achieve Astral Projection—What Can I Do?
Is It Possible to Switch Bodies with Someone Else?
Are There Any Drugs or Substances I Can Take to Help with Astral Projection?
Are Near-Death Experiences a Type of Astral Projection?
When Is the Best Time to Astral Project?
Conclusion

Part 1: Chakras

Unlocking the Secrets of Healing Through Chakra Meditation, Mantras, Kundalini Yoga Exercises, and Reiki, Including Tips for Third Eye Awakening for Beginners and Balancing the Energy Body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KIMBERLY MOON

Introduction

Congratulations on downloading *Chakras*. Thank you for doing so!

To be truly wise, you must learn from other people's mistakes. Books are created as a means to provide people with more knowledge so that their life can become just a bit better. Great books have the ability to create a clear path through the world.

This book has been created to provide you with a clear understanding of the chakra system and how they control your bodily energy. Unfortunately, the majority of people walk around with blocked chakras because of various life experiences. The great thing is that chakras are able to be healed. The process of healing chakras will require practice and some learning.

This is all helped by switching up the way in which we do things. When we become aware of the smaller parts of our life, it will bring us to new healing levels. As you work your way through this book, you will find exercises and meditations that will help to heal your chakras. As you start to learn about yourself, allow yourself to really take in the information. As you start working towards making your life more fulfilled, you will likely get a better sense of what your purpose is.

The goal of this book is to bring joy into your life. Your way of looking at life will expand, and it will transform all of the negativity in your life into something that can serve your higher purpose. It's important that you enjoy the process and be thankful for all of the energy that you can freely use.

There are plenty of books on this subject on the market, so thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible. Please enjoy!

Truth About Chakras

The best description of chakras is energy wheels. *Chakra* in Sanskrit means “wheel, round”, or “a tunnel where energy exchanges take place”. Therefore, chakra could mean a circular movement where bad energy gets exchanged for good. Basically, out goes bad energy, in comes good energy.

Life and time have been thought to actually be controlled by the chakras. Because of this, chakras are seen as colored wheels of light that spin at various speed and intensity. To put it simply, chakras are the centers that receive, absorb, and transmit energies.

Chakras are a point that exists between the non-physical and physical realms of the human body. The energy that gets exchanged in the chakras is the energy of life force. This is the reason we study chakras and need to know how they work.

If your chakras are blocked, this means you can’t function properly either physically, psychologically, or mentally. When your chakras are blocked, there isn’t any energy exchange, and this isn’t good. Think about it like a car’s exhaust system. If the exhaust system is blocked, the car is going to choke out and stall.

Our bodies experience pretty much the same thing if your chakras are blocked. All of this bad energy gets kept inside, and this means there isn’t any chance for any good energy to get inside. If this exchange can’t take place, bad things like illness will begin to affect your body. No one wants this to happen.

Your chakras can also be unbalanced. This happens when negative energy outweighs the positive. Basically, inside your body, the bad overcomes good.

Having unbalanced chakras isn’t about the negative exceeding the positive. If certain chakras, like the crown chakra, are unbalanced, you might be spending too much time in pursuit of spirituality and aren’t taking enough time in your physical self. If this is the case, you need to ground yourself.

Since chakras can become blocked, they can also be unblocked. This means you can reverse the damage and actually enjoy your life. Many things need to happen to unblock and balance the chakras. The main ones would be using various types of yoga, meditating, therapy, and others. We will look at these in more detail later on.

Our bodies have many chakras; the top seven are the most recognized. Chakras are located in various places throughout the body to control specific aspects of your health.

A Quick History

The concept of chakras has been practiced by many cultures for many thousands of years, but by different names. Any religion or culture that encourages meditation is doing some form of chakra. Meditation is encouraged with chakras as a way of listening to our inner self and by tapping into our subconscious. It is a way to balance any chakras that are unbalanced.

The psychology of chakras is now a common practice. There are a lot of people who live in the West that are practicing this as well as ayurvedic and Chinese medicine systems. The best thing about this is you don't need a trainer to unblock and balance your chakras. You do have to put into place some precautionary and safety measures.

While it isn't as well established in the West as it is in other parts of the world like India, people are beginning to realize the benefits of mental and emotional health, self-awareness, and spirituality. Many people all over the world are beginning to practice it every day.

The concept of chakra has a long lineage that is linked to complicated spiritual practices. The most dominant spiritual traditions that used chakra started in India as shown by Yogic and Tantric traditions of Buddhism and Hinduism.

In the 800s BC, Yogic teachings said a vital force called prana flowed through pathways that are called nadis. These pathways were believed to work in the junction points like chakras.

Chakra practices have been shown in the Jewish religion and hesychastic tradition. Hesychastic tradition uses a meditation that has similar features to yogic and tantric traditions.

Chakra was brought to the United States and Europe by Englishman John Woodroffe. While working as a lawyer in India, he brought scriptures from Hindu that described chakra.

English books called *Nuclear Evolution, The Book of Color Healing* and *The Serpent Power* would come along later. These books opened many paths for chakra to come into the health systems and alternative medicine of countries of the West.

Nowadays, chakra plays a huge role in diagnosing the causes of many imbalances within our bodies, fostering psychological and mental wellbeing in our lives. Healers and therapists have affirmed chakras in the Western psychological world. Besides using its concept within their practice, they are spreading awareness and knowledge of it.

Root Chakra – Muladhara

The root chakra is also called *Muladhara*. A simple definition means "supporting your roots". This meaning comes from splitting the word Muladhara into two words: *Mula* that means "root" and *Dhara* that means "support".

This chakra is the first one of matter. When you balance this chakra, you are creating a solid foundation to open the remaining chakras. Just think about laying a foundation for a house that you will be living in for the rest of your life. This foundation is embedded in firm soil and will give you the stability that you need to make a home that is filled with joy for many years.

This chakra is the base for consciousness in the body. The necessity for it can be felt when the energy connects us to the earth. Therefore, it relates to material requirements, emotional needs, sexuality, physical strength, and survival. When you look at the modern world, this chakra basically translates to financial and emotional security.

It doesn't matter if you feel secure now; it has more to do with how safe you felt as a child. If you look at psychologist Erik Erickson's development states, the first state of trust versus mistrust is related to the development of this chakra. When you were an infant and your caregivers gave you the things you needed to survive constantly, you should have felt secure. You thought the world was a place where your basic needs could be met. On the other hand, if your caregivers delayed or withheld giving you what you needed, you might find that your root chakra is blocked.

When looking at emotions, this chakra bases the focus on primal feelings, and the spiritual focus is based on sympathy and being able to sense energy. Its color is red and is located at the bottom of the spine.

When it is balanced, you will feel accomplishment, and experience stable and vibrant energy. This relates to requirements like safety, shelter, and money.

There will be times that this chakra will be unbalanced, and this will be accompanied by consequences. Excessive energy in this chakra could result in emotional instability such as anxiety.

On the physical level, you might have prostate issues if you are a man. Men and women may experience hip pain, lower back problems, constipation, and sluggishness. Other negative problems could show up like diarrhea and fear if this chakra doesn't get activated.

Your energy levels will also get beaten up. You will experience feelings of

low self-esteem, irritability, unexplained fatigue, and daydreaming. To get this chakra balanced, the best yoga pose is the Mula Bandha, a very easy pose.

Sacral Chakra – Svadhishana

A simple definition of the sacral chakra is *svadhishana*. It can be broken down into two words *sva* that means “one’s own” and *adhishana* means “residence or dwelling place”.

This chakra portrays the consciousness for our emotions. It relates to imagination, feelings, passions, and emotions. Its focus dwells on all our feelings. Spiritually, it allows us to express sympathy and feelings for other people’s feelings.

This chakra is needed for our sexuality and creativity. It can enhance the creative energies that drive us to enjoy our life. It motivates us to enjoy our efforts and indulge in activities that give us pleasure like sex. This chakra’s color is orange and can be found above the pubic bone and just below the navel. It surrounds the hypogastric plexus and the genital region. This chakra’s element is water and this is equivalent to cohesiveness. This chakra’s energy is lunar, passive, and feminine.

Humans have an innate ability to create. Any time you garden, bake, or cook, you are creating. You create when you find new solutions to old problems. Any time you take materials, mental or physical, and turn them into new things, you are using creative energy.

The main problem with being creative is that as we grow older, we are often discouraged from being creative. This can even be seen during our educational years. After we have gone through the phase where cutting paper, painting, or coloring is acceptable, we have to mold ourselves into being less creative. We have to conform, follow all the rules, and learn to fit into society. We can easily lose our creative energy and our ideas during this process. As adults, we become used to doing what is right, the latest trends, or what other people feel is acceptable. If we are asked to invent something new, we have a hard time doing it.

Creativity, sensuality, joy, and happiness in our lives indicate this chakra is in balance. If it isn’t balanced, you might suffer from restlessness, hormone imbalance, obesity, oversensitivity, and addiction. Addiction is present when a person enjoys things that can’t nourish our health and soul.

If the chakra isn’t active, you will have feelings of insecurity, guilt, and fear. But if we experience any underactivity, we might suffer from a lack of

creative power or passion, decreased sex drive, impotence, and depression.

How can we balance this chakra? There are several ways. Begin by surrounding yourself with all things orange. Wear it, put it in your office and your house. This color will soothe your feelings and trigger your creativity all at the same time. You can also try yoga poses like Natarajasana and Balasana.

Solar Plexus Chakra – Manipura

The solar plexus chakra is also called *Manipura*. It can be broken down into two words *mani* meaning “to jewel” and *pura* meaning “city”. This chakra enhances consciousness for our mental bodies.

It can connect us to individual elements like the individual expression, self-image, our conscious minds, and personal power. Emotionally, it can focus on feelings that relate to self-esteem, doubt, and fear. Spiritually, it can focus on mental information and empowerment.

This chakra’s responsibility is personal power and identity. It has the color yellow and is located at the navel. If it is balanced, it can enhance our feeling of self-esteem, willpower, courage, and strength.

There will be times when this chakra will either be under or overactive. If it’s overactive, you will have a lot of energy that can be accompanied by feelings of being hungry for power, wanting to control everything, and needing to be in control.

Being timid, feeling insecure, and indecisiveness indicates that this chakra is underactive. When this chakra isn’t active or completely depleted, we are faced with chronic fatigue, poor digestion, and powerlessness. This chakra can be healed by doing the yoga pose Reverse Warrior or by meditating while holding a yellow stone.

Heart Chakra – Anahata

The heart chakra is also called *Anahata*. Anahata means “unbeaten”. The name indicates that underneath all the past grievances and hurts lie a spiritual and pure place where no hurt can live. This chakra is located in the center of your chest just above your heart. It also includes the breasts, lungs, thymus gland, and cardiac plexus. In this area, the spiritual and physical meet. If the saying “love makes the world goes round” is true, then this chakra is what makes love go round.

It links our spiritual and physical aspects of life. Emotionally, this chakra focuses on feelings that are related to love and gives us a connection to the spiritually divine.

This chakra’s color is green. If it is in balance, you will see that it is easy to receive and give love, experience acceptance, and feel peaceful.

If this chakra is overactive, you might have negative feelings like jealousy, co-dependency, or a lack of empathy.

Most people like to live with their grievances. They have been hurt by loved ones, classmates, siblings, or parents. You might be able to relate to this. It is totally impossible to stay away from situations where you might get hurt. Sometimes, you might have thought about hurting these other people back. This isn’t living in a place of Anahata. A person who inflicts pain on other people comes from places of hatred, ignorance, or fear. All of these represent a heart chakra that is closed.

If you come across feelings of hurt from either the present or past, you might choose to feel them, let them go, or hold onto them. If you can let them go, you will be able to open up your heart to new experiences and people with understanding, love, and compassion. Holding onto hurt shelters negative feelings and will cut you off from opportunities to serve and love others. It is easy to let go; all you have to do is make a choice to do so. Your ego and mind might try to tell you differently, but it really is as simple as just letting it go and moving ahead.

There might be other negative feelings if the chakra is underactive: intolerance, bitterness, loneliness, shyness, and blood circulation problems. To heal this chakra, you can try the yoga poses Puppy and Sphinx.

While meditating, surround yourself with green and get outdoors and enjoy all the Mother Nature is offering you.

Since this chakra relates to air, it is important that you breathe in a lot of fresh

air and make great efforts to appreciate this air. Be sure you enjoy fresh air outside every chance you get. It will soothe you.

Throat Chakra – Vishuddha

The throat chakra is also called *vishuddha*. Vishuddha simply means to "purify". This is the first one of the three spiritual chakras. This chakra can enhance your communication skill. It lets you speak your mind without worrying about it. This chakra makes you assertive and audible when you speak. It can help you artistically. This chakra can help you express your emotions, specifically the ones that use self-responsibility.

This chakra oversees truth, words, and communication. It has the color blue and is located in the throat. It controls the regions of the larynx, tongue, mouth, neck, jaw, parathyroid, and thyroid. The element that corresponds to this chakra is space or ether, and hearing is the sense.

This chakra is important for emotional wellbeing and communication. If the chakra is aligned, you will be able to have very smooth communications. You can speak your truth without worry. You will also be able to make good presentations. True expression isn't something that will come easy. There is a fine line between saying what you mean and staying diplomatic. It is easy to just say what others might want to hear instead of telling the truth. You might have a fear of being accepted or being judged by others, and this could hinder your most truthful expression. Take ten minutes and close your eyes. See the color blue going from your throat to your mouth. Watch as this blue fire heals your vocal cords.

If the chakra isn't aligned, you may have a fear of speaking, hoarseness, or a sore throat. If the chakra isn't activated, you might experience depression and other negative emotions.

If the chakra is inactive, you might experience hypothyroidism, inaudible speaking, or an inability to express yourself. If the chakra is overactive, you might experience hyperthyroidism, loud talking, excessive talking, criticism, and gossip. To heal this chakra, you can use the yoga pose Plow.

Third Eye Chakra – Ajna

The third eye chakra is also called *ajna*. Ajna means “to know”. It is the center to access your higher self, telepathy, insight, inspiration, and farsightedness.

This chakra brings better spiritual understanding and self-awareness. If it is balanced, you will make very good decisions. You will have wisdom and understand all spiritual matters.

This chakra controls two emotional responses — insight and intuition. If this chakra is aligned, you will have more intuition. You will be able to see in people’s minds and see into the future. This is the most famous chakra of the seven.

This chakra’s color is indigo and is located in the middle of your forehead between the eyebrows. If it is in alignment, you will have visualization, dream recall, creativity, and intuition.

We experience the world through the five senses. Before you were born, you could hear noises such as your mother’s heartbeat and voice and the muffled noises from outside. You experienced taste, touch, and could even see some light. Since the moment of your birth, you have associated experiences to what you perceive with your senses. You have trusted your senses to what you hear, see, touch, smell, and taste. Sense perception is wonderful in experiencing life, but it can limit you when you try to expand your awareness.

There was a time when you needed to count on your inner knowing and intuition. Before we had modern technology, we had to rely on cues from the world around us and our primal instincts to help guide us. Squirrels know when to gather food and birds know when a hurricane is coming. We humans have intuitive senses, too. We have just lost touch with it along with our ability to trust it.

If this chakra is overactive, you will have a lack of focus, nightmares, and headaches. If it is underactive, you won’t be able to visualize or imagine.

Crown Chakra – Sahaswara

This chakra controls enlightenment and understanding. It either has the color of light purple or is clear. It can be located at the top of the head. It has been called the thousand-petal lotus chakra. The lotus is a symbol in Buddhist and Hindu religions. It gets nurtured, it grows and emerges out of muddy water. It blooms in places of no brightness. Its beauty is unique to the environment that doesn't have any vibrancy and is monotonous.

When you can unfurl this seventh chakra, you will emerge through all the confines of your physical body, your ego, your mind, and your intellect. You will even be able to push beyond the soul that keeps you tied to Samsara, which is the looping cycle of birth and rebirth. You will be freed from desire. White light will surround your body and you will stand above your murky surroundings.

It controls thoughts. You will have enlightenment, wisdom, universal connection, and spiritual awakening. When you start trying to balance this chakra, you might be looking for a divine and higher connection.

With this chakra, you will be able to get rid of all negative things. It will feel like you don't even live in the world. This is why all the chakras have to be aligned so when you feel enlightened, the Muladhara will still ground you.

You will be able to understand why you are here, forgive others when they wrong you, and understand people better. With this chakra, the infinite and finite aspect of being human meets. This experience has been described as "an awakening", "ego depletion", and "enlightenment".

There are several responses that accompany this chakra when it is in balance. These are wisdom and peace. If it is overactive, you might feel superior to others and have frequent daydreaming.

If it is underactive, you might experience more skepticism. If it isn't active, you might have problems thinking. To heal this chakra, you can try doing the yoga poses Wheel and Headstand. You could also try healing it using crystal therapy and positive affirmations.

Developing Chakras

The world can affect the chakras, and vice versa. They were meant to work together in harmony. The power to balance the chakras is already inside you and can be accomplished through crystals, energetic healing, nutrition, self-reflection, yoga, meditation, or by getting into a high vibration setting by looking at your emotions.

If the chakras are balanced, we will feel the best and our bodies will be extremely healthy. Most people who are familiar with chakras can actually feel it and will recognize when a certain chakra is out of balance. Because our chakras work congruently in our lives and since everything is connected, our lives will move in patterns that correspond to all of the chakras.

We have one chakra that is dominant for a seven-year cycle. Our first seven years are related to the root chakra. The next seven years, the ages of 8 to 14 are connected to sacral chakra. In these cycles of seven years, we are climbing a ladder of seven chakras that influence us each year. Basically, the first year of each cycle starts with the root chakra and we will experience a need for security and fear. The last year relates to the crown chakra and spirituality.

One Year Old: Root chakra is associated with being grounded, family, and security. Our instincts, thoughts, and actions are all tied to this chakra. In our first year of life, we enter this cycle and this cycle is associated with the root chakra. In this time of life we are experiencing things for the first time ever. We are getting familiar with our planet and we fear everything including our feelings.

Two Years Old: At this age, we remain in the cycle of the root chakra, but we start to focus on Earth's elements. We begin to develop feelings because we are now tied to the sacral chakra. This chakra is about emotions, creativity, and sexuality. We develop strong attachments to the people we love, and we develop preferences such as dislikes and likes.

Three Years Old: We remain in the root chakra but are now tied to the solar plexus. This chakra is our "I am" presence. It is our sense of self. It is the way we begin to understand how we work with the world. At this age, we begin to understand our self and how we relate to others. We begin to really look at the world.

Four Years Old: We are still in the root chakra but are entering the heart chakra. This chakra relates to connections and love with both others and ourselves. If it is out of balance, the heart can become overbearing and afraid of love. If it is balanced, it lets love shine. We are still figuring out our connection to the world and getting more familiar to it as we start expressing love to friends and family. We begin becoming more social as we go to preschool.

Five Years Old: We remain in the root cycle but begin to enter the throat cycle. This chakra is about self-expression and communication. We also develop speaking and listening skills. We begin school and start speaking better and more.

Six Years Old: We remain in the root chakra but are entering the third eye chakra. This chakra is about critical thinking, the pineal gland, and intuition. At this age, we start to think for ourselves more and can communicate things we know with others since we are beginning to understand them better.

Seven Years Old: We are entering into the last stage in the root cycle along with the crown chakra. This chakra connects us spiritually with the world. It ties our

consciousness to a whole. We start to develop a curiosity for our world, especially the mysteries of the universe and the unknown.

You can easily see this seven-year cycle has a theme. With ages one to seven, the root chakra rules them all but a new chakra is added each year. Since you have a general understanding of how this works, we'll summarize the following cycles in relations to development stages.

Ages 8 to 14: We go into the sacral chakra during these ages. This chakra is about feeling and expressing emotions, creativity, and sexual energy. We will experience sexuality and will develop our first "crush". Young ladies will usually get their periods during this time. Both males and females will begin to understand their own sexuality. They begin to understand what reproduction is, too. It will be during this cycle that most young people will have their first relationship and will understand what both sexes represent.

Ages 15 to 21: This age cycle is ruled by the solar plexus chakra. This shows us our sense of self, and we understand who we are as people and souls. Many young people experience angst and get more introspective or selfish as they figure out who they are. They begin to look objectively at who they are in relation to others and the way their personalities affect perspectives and

relationships. People will have very strong dreams and hopes during this time of their lives. They understand what they want in life and what their purpose in this world is.

Ages 22 to 28: We begin to enter into the heart chakra. This is ruled by love for others and ourselves. Most people meet their significant others during this cycle because society puts pressure on young people to get married. Many people will develop a better love for themselves which they will apply outwards into their relationships and appreciation for all people and life. Most people will begin to think about what they want to do to make their mark on the world because they have learned to appreciate the earth and everyone who lives on it.

Ages 29 to 35: This cycle represents the throat chakra. This chakra is in charge of communication skills and the ability to express yourself. During this stage of life, most people find their voice and have become comfortable with who they have become. This allows them to openly and freely express themselves. Most people will find their life's purpose or start to refine it since they have developed a better ability to communicate exactly what they want.

Ages 36 to 42: In this life cycle, we enter into the third eye chakra. This cycle is about synthesizing information, wisdom, and intuition. Many people will have epiphanies or understand the knowledge they have gotten from life until this time. They know how to use this information efficiently. Most people will fall into their beliefs and let them govern their lives during this time if their third eye isn't in balance.

Ages 43 to 49: The last cycle relates to the crown chakra. This chakra relates to spiritual connections, collective consciousness, and spiritual awakenings. It is during this time that most people start to fear death. This usually means they have a blocked crown chakra. This cycle of life can cause a person's interest to peak in interconnectedness and spirituality. A lot of people develop a craving to understand the universe and for knowledge, which often turns into a real-life "mid-life crisis".

Balancing Chakras

When someone talks about balancing the chakras, they are actually talking about various meanings and techniques. A simple definition of chakra balancing is a process where the chakra's energy is brought to a harmonious and well-functioning state.

Balancing the chakras is only a section of the whole picture. Every chakra in the system needs to be able to function as a whole. If you take the time to look at the way chakras work, we can see they have a force that connects to each other, and they interact energetically. This means when we balance our chakras, it is very important to not only think about each chakra individually but also their neighboring centers and the energy that flows throughout the entire system.

7 Signs That Your Chakras Are Out of Balance

1. Weight Problems

The chakras that are affected will be the sacral chakra, solar plexus chakra, and the root chakras. Most weight problems are considered to have lifestyle, dietary, or behavioral causes, along with exercise, but one cause the most people don't consider is not being grounded. If we don't feel grounded, this is a problem with the root chakra. If the root chakra is balanced, we will feel connected to nature. It won't matter what we might be facing in life; it makes us feel secure as all our basic necessities are being met. Most of us gain weight to help us feel grounded.

We might use weight as a buffer between the world and us when our self-esteem feels off or we feel intimidated or attacked. If this is the case, our solar plexus chakra might be unbalanced. The solar plexus chakra is our center of power. It helps with confidence, self-esteem, and control.

At times we have problems feeling pleasure and getting in touch with our emotions. If we bottle up feelings about what is happening around and in us and we don't process the emotions that might have shaped our feelings about survival and self-worth, we won't experience pleasure when we eat, and our sacral chakra becomes unbalanced.

If you have a severe problem with low body weight, an intense fear of gaining any weight, and your perception about your weight is distorted, you may have been diagnosed with anorexia. People who suffer from anorexia drastically restrict how much food they eat. Bulimia is when someone eats a huge amount of food and then either takes a laxative, makes himself or herself throw up, or exercises excessively. Both of these disorders will judge a person's appearance harshly because they think they have to be severely thin to be worthy. Individuals may have trouble controlling their own self-image because they think they have physical flaws. Both of these disorders are caused by an unbalanced solar plexus.

2. Mental Disorders

Anxiety: All of the chakras can be affected. It all depends on the type of anxiety you are experiencing. Anxiety is a part of our daily lives. When we get an intense, persistent, or excessive worry that takes over our existence, it is totally debilitating. If you suffer from anxiety, it could turn into terror or fear in minutes and, thus, turn anxiety into a panic attack. It can also mess up our quality of life.

It all depends on the type of anxiety you have, but it could affect any one of the chakras that are involved. If the crown chakra is out of balance, we might feel as if we aren't connected to the God, Goddess, Universe, Source, or Divine. If our anxiety is from the third eye being out of balance, we feel anxious about the unknown and we don't trust our intuition. You might feel anxious about saying how you actually feel, expressing yourself, and communicating with others if your throat chakra is not balanced. If are feeling intimidated, pressure to do well, completely overwhelmed by everything, or caught in a power struggle within a relationship, your solar plexus chakra is out of balance. If your sacral chakra is out of balance, you will have feelings of shame or guilt due to emotions that are so intense that you have not processed them completely. This can happen because of past traumas like sexual abuse. If we feel anxious about our surviving in this world like money, shelter, food, etc., the root chakra is not balanced. This makes us feel as if we are in a constant survival mode.

Depression: The chakras that are affected are the heart and crown chakras. Depression happens for many reasons. It might pass through temporarily at times. At other times, it could be a presence in our lives that never goes away. For people who suffer from depression, it could be debilitating. Depression might feel like constant hopelessness, emptiness, or sadness. You might not have any pleasure in your daily activities and feel like life isn't worth living. It might affect your sleep or appetite, causing you to sleep too much or not sleep at all. You might even have thought about suicide or death.

When you are depressed, you will have a deep-seated feeling of loneliness. If you feel connected to the world and the Universe, the crown chakra is balanced and open. If you feel angry toward the Universe about your life, this shows your energy is out of harmony. Having an unbalanced heart chakra might cause depression because we aren't connected to ourselves.

Panic Attacks: The chakras that are affected are the root, solar plexus, and heart chakras. Panic attacks happen when we are struck with disabling, acute, and sudden anxiety. These can be accompanied by feelings of impending doom, shortness of breath, shaking, trembling, sweating, increased heart rate, pounding heart, and palpitations. These attacks can happen if we aren't connected to our heart chakra and don't listen to what it is telling us. The root chakra gets involved when fear and panic set in since our fear for survival gets triggered. If our heart chakra feels disconnected and we are in a constant state of fear, the solar plexus feels as if we have been punched in the stomach

since our confidence and self-esteem live here.

3. Cancer

All the chakras are affected by this horrible disease. Cancer happens when cells that are abnormal get created and divide at an uncontrollable rate. They infiltrate and destroy good body tissue. This can happen on many levels and symptoms can vary depending on the part of the body that gets affected. Symptoms might include thick areas under the skin, palpable lumps, skin changes, weight changes, fatigue, and many others. Factors that can increase the risk of cancer can include environment, health conditions, family history, habits, and age. The Mayo Clinic has stated that most cancers happen in people who don't have any known risk factors. Cancer could be the result of deep hurt and resentment that has not been processed, denied, or ignored. It can manifest in toxic emotions, grief, or hatred that eats away at us.

These manifest on several levels because of a result of having an imbalance in certain chakras:

- Cancers of esophagus, larynx, and thyroid: Throat chakra
- Lung cancer: Heart and throat chakras
- Brain tumors: Crown chakra
- Rectal and prostate cancer: Root and sacral chakra
- Cancers of rectum, colon, uterus, ovaries, and cervix: Sacral chakra
- Cancers of the pancreas, intestines, liver, and stomach: Solar plexus chakra
- Breast cancer: Heart chakra

4. Headaches

The chakras that are affected by this are the crown and third eye chakras. If you get headaches that aren't caused by physical imbalances, it might be an indication that one of your chakras is unbalanced. If you have a headache in the front that includes symptoms of pressure behind the eyes or sinus pressure, this is usually disharmony in the third eye.

This type of headache might indicate that you have been focusing on your intelligence and you fear your spirituality. You can only see the reality in life, and you don't trust your intuition. When these headaches happen, it is because you are ignoring the inner wisdom that you possess. If you get "hints" but never act on them, you aren't honoring your third eye's wisdom. You might feel like you need to pursue new opportunities, but you don't do

so. You might also experience a knowing that a specific person might be ill and won't feel like being around others. You engage them anyway. Opposing intuitive hints could cause imbalance and discord with the third eye chakra.

If you have a headache on the top of your head in the center, it might be from an imbalance in the crown chakra. This might mean you have a hard time trusting your life path, or seeing the larger picture, or even finding faith in yourself and your connection to the Divine. You might also feel unsatisfied or alone.

5. Reproductive Issues

Infertility: The chakras that are affected by this will be the solar plexus, root, and sacral chakras. If a woman can't conceive a child after many attempts for over one year, this is called infertility. Many will experience infertility, but the fear, and frustration that the woman experiences creates a lot of stress and possibly shame. The sacral chakra is the one that is affected because it is associated with the genitals and womb and because it is the seat of all emotions. Most people who deal with infertility battle with many severe emotions. It makes them wonder, "Am I making the right decision?" "Do I even want to be a parent?" "Do I have the right partner?" "I might not even be a good parent." "How is this going to change my life?"

There could be physical causes like high follicle-stimulating hormone, lack of menstruation, low sperm count, poor egg quality, and other issues could be to blame. Most of the time, there is a high stress level for the people who are trying to conceive. Since infertility can trigger family issues, the root chakra is involved, too. For people who are trying to conceive, added difficulty can develop if they are trying to have a family and aren't getting any support from a significant other. They might also be worried about passing on undesirable traits to their children. Making a new life is a challenge to a person's self-esteem, it can make them feel powerless and this becomes a solar plexus issue since this is our power center.

Uterine Cysts and Fibroids: The chakra that is affected is the sacral chakra. The Mayo Clinic states that uterine fibroids are growths that are in the uterus that aren't cancerous. They often happen during childbearing years. A lot of women may experience uterine fibroids sometime in their lives. Most of the time, they don't cause any symptoms but for others, they can grow to a large size and cause pain during menstruation, when having a bowel movement, or when you are digesting food. They can cause problems in breathing.

Cysts are sacs filled with fluid that are located on the ovaries. If there is a growth inside the uterus, it might be a sign that the sacral chakra is not balanced. There is an actual block to the reproductive area. The energy is telling you that there is a blocked energy flow inside. You might be holding onto toxic, negative, and old thoughts, feelings, or emotions that are attempting to flow energy into dead ends. This could include relationships or jobs that you have outgrown or conflict with your relationships, reproduction, abundance, or creativity.

6. Joint Pain

Hip Pain: If you have problems with your hips that aren't caused by any physical trauma, there is usually a sacral chakra problem. Our hips hold onto a lot of unexpressed emotions that haven't been dealt with and that we keep avoiding. Since the sacral chakra is the seat of our emotions, we could cause an imbalance if we don't honor our feeling.

Leg Pain: The chakras that are affected will be the solar plexus or root chakra. Leg pain is usually linked to an imbalance in the root chakra. Leg pain might symbolize a resistance to moving forward in life. This could manifest in self-sabotaging behaviors that are based on fear, for example, a fear of failure or fear that we might not get what we want. If this is the case, the root chakra could be linked to the solar plexus chakra and both are out of balance. It is mainly a root chakra problem because of fear about clothing, water, food, housing, or bills.

Neck Pain: The chakra that is affected here is the throat chakra. If the neck pain hasn't been caused by any physical trauma, it could be that your throat chakra is out of balance due to the way you are interacting with the world. If you don't express yourself honestly and openly or if you try to hide specific parts of yourself like insecurities or fears from others, it can create imbalances to the throat chakra. There are many reasons why you might hold yourself back, but the end result is always the same: neck pain.

Sciatica: The chakra that is affected by this is the sacral and root chakras. Sciatica is pain that goes from the lower back down through the hips, buttocks, and down each leg. If it isn't caused by trauma, sciatic pain could mean a root chakra that is out of balance. This chakra deals with problems regarding your being and survival. If a primal problem comes up in your life: fear that your basic necessities will be taken away, whether or not you can provide for your children, how you will pay your bills, or if you be able to eat

today, this means your root chakra is out of balance. Sciatica usually symbolizes your fear about the future and money. At times, if you have sciatic pain, it could mean you don't feel safe.

Back Pain: If you have pain anywhere in the back that wasn't caused by physical trauma, it might be telling you about your chakra health. Pain could range from a dull ache that makes your back tight to a sharp acute pain that hinders your range of motion.

- Upper Back: The chakras that are affected are the heart and throat chakras. If you don't speak the truth or if you experience heartbreak, threats to loving yourselves or problems loving others, the tension could manifest as pain or tension in the upper back. You might feel as if you are holding back love, unloved, or unsupported.
- Middle Back: The chakras that are affected are the solar plexus and heart chakras. Everyone has issues about love, holding onto hurts from the past, our power being challenged, or feeling loved, you might feel pain or tension in the middle part of your back. This might happen if you get stuck in those feelings from the past and might become filled with guilt over things you said or done.
- Lower Back: The chakras that are affected are the root and sacral chakras. If you are feeling challenged in creative expression, relationships, or abundance, you might feel pain and tension in your lower back. Holding these emotions back or just not processing them and having problems with survival and getting your basic needs met might mean pain for your back.

7. Asthma and Allergies

The chakra that is affected is the heart chakra. If you experience narrow airways and are producing excess mucous, it could trigger shortness of breath, wheezing, and coughing. If you have allergies, your immune system will make antibodies that recognize a certain allergen is harmful, even if it isn't. Both of these conditions cause problems with one's daily life. Sometimes these conditions can be caused by a compromised immune system and might cause inflammation of your digestive system, sinuses, airway, or skin. It could also cause respiratory distress. Since these are in the heart chakra, such reactions might mean that this chakra is out of balance, especially if you have problems with compassion, love, heartache, and grief.

10 Benefits of Healing Your Chakras

If your chakras are aligned and balanced, you will feel all the positive effects externally and internally. You might also see some effects at home, school, and work along with other places. If you are feeling your best, you are going to be happy and have faith. You will be more productive and believe in yourself.

Your chakras have to be healed from time to time, you need to investigate your life and figure out if there is anything lacking. When you know how to notice a blocked chakra, you will always be looking for a chakra that might need to be cleaned so you will be able to enjoy the best health.

1. Self-acceptance and self-confidence

Having healthy chakras will give you a sense of self-confidence, self-acceptance, and self-love. If you feel confident about yourself, you can express yourself easier and communicating with others will not be hard for you.

Self-acceptance comes from self-realization. This is achieved by having balanced and healthy chakras. If you can realize yourself, you can embrace your weaknesses and strengths and you will stop being intimidated by your weaknesses. You can work on them and then turn them into an advantage.

2. Having access to your inner wisdom

Having healthy and balanced chakras helps you to connect to a higher being where you can see your inner self. Once you know yourself inside and out, your self-awareness levels rise so that you will understand your weaknesses and strengths better.

One strength you could access is inner wisdom that guides you in living an impactful and meaningful life.

3. Better connection with your spirit

When you can unblock your crown chakra, you will have a stronger connection to your Divine Source. Once you realize your Divine Source and can establish a great connection with them, you will be able to communicate and surrender all problems to your Divine Source and this will give you peace.

The chakra that is associated with your spiritual aspect is your crown chakra. If it is balanced well, it could bring you much spiritual enlightenment. You will find that balancing your yin and yang will be very easy. To quote Osho,

the Indian spiritual guru: “You will be in the world but not of it.”

4. Better expression

If you have a blocked throat chakra, expressing yourself truthfully is hard. Just one blocked chakra can affect the flow of energy to the rest of the chakras and this will affect your whole system.

You will be able to express yourself easily if you have healthy chakras. This will result in better relationships, more joy in life, self-acceptance, and self-confidence.

5. Reduces anxiety and stress

When we have negative energy stored in our bodies, it could result in bad emotions like depression, anger, fear, anxiety, and stress. These all have negative tolls on our health. Healing your chakras might involve visualization and meditation. This helps you unwind and relax and reduces your chances of becoming depressed, anxious or stressed.

6. Weight loss

Having unhealthy chakras can cause negative emotions like stress and low self-esteem. These negative emotions might lead to an unhealthy lifestyle that might result in obesity and weight gain in many cases.

When chakras are balanced and healthy, these emotions are kept away and reduce your chance of living an unhealthy life. Various yoga poses can heal blocked chakras, let the energy flow throughout the body, and help get rid of some weight.

7. Sleep better

When you have blocked chakras, you have stale energy in your body. This negative energy can lead to insomnia. The best way to heal a blocked chakra is through meditation. This is the best way to deal with insomnia. Doing meditation in the proper way can help you fall asleep easier, and you will sleep better overall.

8. Self-realization

Having healthy chakras will make you aware of who you are, and they can help you understand your true purpose. Once you realize your reasons for living, you will be able to focus on things that matter and change your focus from things that don’t add value to yours or other’s lives. When you know who you are, you will be on course for having the very best in life.

9. Passion for life

When you can connect to the spiritual realm, you can see the true purpose and meaning of life. This will increase your enthusiasm for life since you have become a purpose driven person. One who knows why they are alive has passions to achieve their goals when compared to people who don't know why they are alive. It makes you a person with whom others want to be around and share their journey.

10. Releasing bad energy in healthy ways

When you have unbalanced chakras, you have a lot of negative energy inside you. It doesn't have to be that way since healing your chakra could help you purge all your negative emotions. Negative energy can be manifested as bad emotions such as shame, guilt, fear, and anger. When you have the energy wheels spinning in balance, there can't be any negative or stale energy trapped in you. It gets purged to make room for all the positive energy.

It doesn't mean life gets easier. It means that even at its hardest, you won't be making it harder on yourself. To quote an old adage: "It doesn't get easier. You just get better."

14 Myths About Chakras

As with anything else in the world, myths get created when people don't take the time to learn about new things. There are myths circulating about chakras, which are the energy centers that run many parts of your physiology. This will include your physiological, psychological, and emotional tendencies along with your organs. Chakras help to determine the well being of a person. You need to be aware of all the truths and myths about chakras before actually trying to balance or open them.

1. There aren't any chakras.

There are many stories that claim chakras don't exist. There are a lot of people who refuse to even acknowledge their existence. But there are many places in the world that have their own meanings and proof that chakras do exist. The seven chakras symbolize the nerve or energy centers that are present inside every human body. Energy or Prana flows throughout the body through nadis. These are three channels similar to electric cables that take energy from the electricity center and supply this energy to the entire body. The three channels, or nadis, are Ida, Pingala, and Sushumna.

2. Opening chakras is easy.

You may find a whole bunch of literature out there about how you can open your chakras to heal yourself and get rid of any troubles you might be having in life. It might be emotional or physical problems among others. The truth about awakening your chakras isn't as easy as books say it is. Opening your chakras requires a shift and change in consciousness. This requires many years of meditation. You can't just open your chakras by doing yoga poses, and it isn't an emotional process.

3. Having the chakras balanced will definitely improve health.

This misconception is huge. Balancing the chakras *can* improve your health. How healthy your chakras are, all depends on your psychological, physiological, emotional, mental, and physical conditions. If you don't work on these problems, your chakras won't shift and change, and your conditions won't ever improve.

4. Chakras have to be perfect and balanced at all times.

If you have heard anyone say that chakras have to be perfect and balanced all

the time, they are living in their own little world. In the real world, nothing is perfect, and every single thing has imperfections. Our world is unpredictable and changes constantly and this is how chakras behave. They are constantly changing, too. They are responsive and flexible. Chakras adjust to physical and psychological factors that affect us daily.

They change as your current emotional and physical states change. They have to be normalized and balanced to deal with the current situation.

5. Professional healers can balance and open your chakras in one session.

Most people like to turn to professional healers like Acupressurists and Reiki healers to try and heal and balance the chakras in one sitting. This is a huge myth that is circling the globe. It will always take more than one sitting and more help than a professional healer to open and balance your chakras. It takes YOU wanting to be healed in order to do it.

You need to take charge of your emotions and body in order to be healed. You can get the help of professionals to heal your chakras, but it is up to you, not them, to heal you.

6. There are seven chakras.

Many theories say there are only seven chakras in our body. In the Yogic text, there are many chakra systems throughout the body. Some believe there are as many as 12 chakras; others think there are more systems that work in the body. Beginners are taught and told about the most common seven chakras.

7. Chakras are just “things” that live in our bodies.

Everyone should know that chakras aren’t material things. Some people might not have thought about what this really means. We speak as if an autopsy will show a string of different colored lotuses going through the center of our torso. Possible thinking suggests that a chakra is another organ such as the spleen or liver. Chakras are major energy channels on a plane of consciousness that results in psychosomatic functions and experiences. They serve as focal points for spirituality and meditation. Here are some definitions:

- Intentionally based abstract structures
- Visualization in a yogic body
- Spinning consciousness in our bodies

8. The main purpose of chakras is to treat illness.

If you look at ancient Vedic literature, chakras refer to wheels and are the seven centers in the body. If opened, they can unfold to unforeseen realms that have been a main goal for many people who want to be one with the Universe.

Most of what people do today to balance and open their chakras is used to treat emotional pain and physical illnesses. It doesn't deal with the consciousness and awareness of our Supreme Self.

This is what has happened to yoga in our modern world. Yoga is often seen as nothing more than gymnastics, and doing a few asanas means you are now a yogi. The ultimate goal for yoga is meant to meet the Divine Source or our Supreme Consciousness by attaining the Samadhi through meditating. This has been forgotten and the true purpose and goal for yoga have been totally blinded.

9. You can't control your chakras.

Many people think you don't have any power over your chakras and you can't balance them by yourself. The truth in the old saying, "Where there is a will, there is a way" holds true with controlling your chakras. The solar plexus chakra can help strengthen your inner desire, fire, and will. It doesn't matter what problems you are dealing with, you can harness this power and reach any goal you want to accomplish. This is true for every chakra in your body. They give you energy for many different tasks.

10. You should only worry about the top chakras.

Often people only want to worry about the top chakras which are the throat, third eye, and crown chakra. These are responsible for inner and spiritual growth. People forget they have to be balanced from the lower ones to the top for the body and chakras to work together.

The heart chakra is responsible for balancing the bottom and top chakras. Before trying to work on the third eye and crown chakra, you need to work on the lower ones.

The root chakra symbolizes our physical life. The sacral chakra symbolizes our emotional center. The solar plexus symbolizes our power center. If you want to be successful in life, you need to work on balancing your chakras from the bottom to the top. Begin at the root chakra. After you have worked on your emotional and physical problems and gotten them disciplined, you are ready to focus on your main purpose in life. Now, you are ready to balance the top chakras.

11. Healers can remove all your problems and Karmic baggage.

There is a law of cause and effect that is active in this Universe. This law is responsible for everything that goes on in the world. Thinking that all of our actions – from this and previous lifetimes – and Karma can be handled by someone in just a few sessions, it is so completely wrong.

The intensity of your Karma can be reduced, and you can increase your willpower when you balance your Karma, but all the baggage can't be removed by anyone in healing sessions.

We have to think about these points before we move toward the path of balancing our chakras.

12. Chakras are energy sources.

Visualize a whirlpool. A whirlpool isn't just motionless water but a vortex of water. This same principle applies to chakras. They aren't sources of energy, they are places where energy moves and gathers. Chakras are balls of spinning energy that are three dimensional and absorb and emit energy from the world. To balance and heal our chakras, we have to call on outside sources such as pure Spirit energy, grounding earth energy, or channeling Reiki energy.

13. What is the correct way to pronounce "chakra" in its most original form?

Do you remember learning this tongue twister when you were young: "How much wood could a woodchuck chuck if a woodchuck could chuck wood?" Now repeat, "chuck, chuck, chuck". Now add "ra" and you got it — "chuck-ra". In the official translation convention for Sanskrit, the "c" gets pronounced as "ch" as in "church". You might see "cakra" and "chakra". It doesn't matter how one spells it, just remember woodchuck.

14. The sacral chakra is about sex.

There are a lot of desires that can play out through karma and instinct. We have a natural desire to gain freedom and experience, to express ourselves, and to live. Instead of thinking about certain desires as exclusive to certain chakras, you need to think about desire as a natural state of humans and the foundation of life. Remember that every school of yoga supports mastery, transmutation, or transcendence of sensual desires even though they might differ in the way the transcendence takes place.

7 Ways to Improve Your Healing Process

We all need clear energy coursing through us. Without that healthy energy flowing through your chakras, you will end up feeling depressed and empty, just like somebody pulled the plug on everything you have ever wanted. If there is a blockage in your energy centers, it will become a power outage that makes you feel horrible, but you can take steps to clear them. The power never leaves you. All you have to do is get it flowing again.

You embody a complex system from your root chakra at your tailbone all the way to your crown chakra at the top of your head. This system receives energy from the world around and sends energy back out to the world in a healthy cycle. When your energy centers are balanced and clear of any blockages, these centers are spinning little wheels that keep you healthy. Over time – through emotional upsets, daily life, and trauma – blockages can impair this free flow of your chakras.

In a couple of chapters, you are going to learn lots of ways to heal your chakras. But to help make sure those techniques work to the best of their abilities, the following seven steps can help supercharge your energy clearing exercises. They are all super easy and anybody can do them.

Return to the Earth

Go outside and spend some time with nature. Take a long walk in the park or go for a hike. If you can take your shoes off and walk barefoot for a while, it will create a new foundation for you. It will help you to ground into the world around you and connect back with the Earth. Time spent outside will leave you feeling present, provide a sense of safety, and help to strengthen up your root chakra.

Get into healing waters

If you can get to the beach and immerse yourself in the ocean, perfect. If you can’t, then fill a tub with water, sea salt, and baking soda. This will help to strengthen up your sacral chakra. Your sexual chakra controls all of your pleasures and can easily become marred by feelings of shame and guilt. While you are in the water, picture all of these feelings of shame and guilt dissolving away as the water works to restore the purity of your true self.

Move

Your solar plexus chakra loves it when you move your body. It especially loves when you can get outside in the sunshine of a newly risen sun or right as the sun sets. Any type of physical activity can help you to awaken and clear out your third chakra to bring you more willpower, self-esteem, and personal power.

Share and accept love

Your heart chakra holds the key to your compassion and loves it when you get to experience unconditional love. This love can be the love you have for yourself, others, everybody, and the world. If you have a pet, spend some time with it in a way that shows reciprocal love. This is the perfect way to make sure that you get a big dose of compassion in your life. Finding ways to experience compassion and love is not that hard, even if you don't have a pet. You can spend some time at your local animal shelter.

Express yourself

Your throat chakra doesn't like it when you don't allow yourself to express your truth. The fifth chakra allows you to speak up and be the real you. If you don't want to say something, you can write it down in a journal and be completely honest in your journal. Nobody else is going to read it, so say what you feel. Not only will it release some stress, but it will stimulate your throat chakra. When you have some free time alone (or not alone if your friends don't mind), crank up some music, and sing your heart out. This will help to free up your fifth chakra as well. When you are talking with a person, communicate openly.

Listen to the inner you

Your third eye is where your higher self lives and provides you with clarity. Having a daily meditation practice is an essential part of healing your energy and chakras. It will also awaken your sixth chakra and will allow you to turn into the wisdom that you already have inside of you. You will find that you start to trust your intuition more. Meditation will help you to get rid of that mental chatter that you have to live with on a daily basis, and this will allow you to see things more clearly.

Connection with the spirit

Your crown chakra is what allows you to connect with the universe and your higher powers. It is what controls your consciousness. Building on the third eye chakra, meditation is the perfect way to connect with the higher powers and to boost the seventh chakra. Another way to clear out your crown chakra

is through prayer. This prayer can be anything that you want it to be. You can pray to the Universe, God, whomever. It can also be a simple mantra that you chant every day. Taking some time to connect with nature can also help with clearing out and charging your crown chakra or really any of your chakras. Talk to your higher power every day and ask them for some guidance and picture peaceful and positive outcomes for whatever is going on in your life or in the world.

As you work on balancing and clearing your chakras, you will start to notice that you feel better and that you will have a new energy that can easily flow through you. Your chakra system will take in and release energy like it is meant to do. With everything working together, you will feel happier and healthier.

Risks of Opening Your Chakras

We've discussed information on your chakras and what they do for your body. We've also looked at the signs of blocked chakras and the benefits of opening them. Before you start working on your chakras, you also need to understand the dangers of opening them too quickly.

There are lots of great reasons to focus your energy on your chakras and make sure that they are open and working. When you have a balanced heart chakra, it will help you with all of your relationships. When your throat chakra is open, you are able to share your truth. It is a good thing to make your chakras a priority, but if you move too fast, it can end up having bad consequences.

When your chakras are open, more energy will come into you. Blocked chakras will create stagnant energy that won't freely pass through you. Blockages should be removed, but you need to go at it gradually. Going too fast will bring in a lot of energy.

What happens when you open your chakras too quickly will depend on which chakra it is and how much energy you are using. To figure this out, think about what the chakra does for you.

The heart chakra, as you know, controls your ability to love. A blocked heart chakra could cause you to avoid relationships. When your heart chakra is opened too quickly, a rush of energy could overwhelm you and kick your heart chakra into overdrive. This could cause you to become needy in your relationships. You could also end up connecting with people too quickly. This makes the chakra no better than it was when it was blocked.

When you have a blocked third eye chakra, you aren't in touch with your intuition. You likely focus on logic and you don't follow your gut. If you open this one too fast, it will send a rush of energy in that will overwhelm you and the chakra. You could end up experiencing intuitions that can scare you. You may end up with psychic abilities that you aren't able to control. Spirits from other realms could end up talking to you and you won't know how to control it. Again, this makes your chakra no better than it was when it was blocked.

While this may seem scary, it doesn't mean you should avoid opening them all together. Instead, all you need to do is make sure that you open them

slowly. You want to be the tortoise and not the hare when it comes to opening your chakras.

You should stay away from anything or anyone that promises to help you open your chakras quickly. You need to be patient. You have to trust that your chakras will open in time without you going to extremes to get them to open.

There are some different side effects that you can experience when you are opening your chakras. Most will only happen if you allow them to open too quickly.

Detachment

This can happen when your crown chakra is opened. When you take the spiritual journey to work with your chakras or any spiritual journey it is normally done somewhat alone. We each have to walk our own journey. A lot of people will start noticing that they gravitate towards secluded moments, especially when the crown chakra opens too quickly. This may end up causing you to feel disconnected.

Déjà vu

This could happen with the crown chakra and your third eye chakra. While this is often a sign of having successfully opened a chakra, it can happen in excess which means you opened them too quickly. This can become overwhelming and can also spill over into your dreams causing vivid or frightening dreams.

Sleep disturbances

A lot of people find that they don’t sleep as much once they have healed their chakras. This also means that if you open them too quickly, it can cause unrest at night. You might find that you can’t get comfortable when you’re sleeping. All of this means that you could end up feeling irritable and unstable.

Overstimulation of your senses

This will often happen with an overactive root chakra. When the root chakra is opened, you become more aware of the earth, the way it feels, sounds, looks, and smells, among other things. When you open that chakra too quickly, you will be overloaded with these sensations. You could even find it hard to function because the sun is too bright or you smell the flowery perfume of the lady sitting five seats behind you on the bus. It can drive you crazy with everything that you will start sensing.

Unusual bladder activity and reproductive problems

This tends to happen with an overactive sacral chakra. This can cause aches and pains in your lower abdomen as well as unusual bladder habits and urinary problems. For women, it could also affect their menstrual cycle. It can also create more serious problems like endometriosis, testicular or prostate problems, ovarian cysts, and infertility if it is not healed.

Anger problems

When you have an overactive solar plexus chakra, you could experience more anger than usual. This could mean that you just feel angry for no reason or you fly off the handle at the drop of a hat. This could also involve a new sense of perfectionism and being too critical of yourself and others.

Neglecting emotional care

You can become too absorbed in caring for others if you allow your chakras to open too quickly. This will cause you to neglect yourself, which will end up causing more problems.

Meditation is the perfect way to help heal your chakras and to do so in a slow way so that you don’t end up becoming overwhelmed. Prayer is also another way to create an intention to heal your chakras. Wearing crystals that help you to balance your chakras is a great thing to do. These crystals will slowly raise your vibration and change the energy that surrounds your chakras. Color working is another great way to balance out your chakras.

Healing anything is a slow process, and this is true for healing your chakras. You need to let things happen on their own, and then you will start to notice a difference that won’t end up leaving you overwhelmed.

Common Mistakes

Healing your chakras and energy will provide you with amazing results if you are able to use them correctly. There are seven mistakes that people will commonly make when trying to heal their chakras.

With the spiritual awakening that the planet is experiencing, more people have started to turn to energy healing exercises. Often though, things won't go the way you planned, or something will seem to be interfering. Energy healing is supposed to make noticeable changes in your life. This can range from your actual emotions to your belief systems.

Most of the time, the changes that happen through this form of healing are typically referred to as miraculous, but this only happens if things go correctly. If your healing winds up not being miraculous, then you may be making one of these mistakes.

Stopping when you start to feel better

Energy or chakra healing works kind of like antibiotics, you have to keep going even after you start feeling better. You have to continue healing when you feel good and when you feel bad. Otherwise, you're not getting the full experience.

To really get into your issues and reach the layers that will make the best changes, you have to be able to deal with things when you are feeling better. This means that your system will be able to handle more work.

Working on your chakras on a regular basis, especially when you are in a good space, will allow you to get ahead of those bad moments and possibly avoid them all together. This will allow you to have a smoother life which is what you are likely hoping to achieve in the first place.

Not maintaining

Your chakras are just like any other system, they require regular maintenance or it's going to end up becoming clogged up again. If you only work on things when you are in some sort of crisis, your body is going to only work on the problem at hand and neglect everything else. When you have regular sessions, you will be able to keep your chakras clear and in line with each other so that you don't experience a back up of energy.

Trying to just heal physical problems

Chakra healing helps you spiritually, mentally, physically, and emotionally. But a lot of people tend to heal their chakras just to get rid of physical problems. This is only a part of what chakra healing can do, so there is no sense in pigeonholing yourself in just trying to fix physical problems. Expand your reasons for every part of your life.

Not allowing enough time

After you have been working with your chakras for a while, you see a few immediate results in several different areas. When you start out, though, you should expect about three weeks for things to start to shift and change. This means that people won't see results as quickly as they had hoped. This will cause them to want to stop because they don't think it is working.

To help remedy this problem, keep a log every day to write out what you are feeling.

Waiting until issues have passed

This may happen right when you start to heal your chakras or it could happen a few weeks later, but you will find yourself feeling sick or experiencing a lot of stuff. Don't let this keep you from continuing with your healing. These are the days when you need it the most. Healing sessions can help you to push through these issues and bring you to new energy levels.

Most of the time, the issues, whether you're sick or a lot of activity is underway, is due to your energy shifting. The negative energy has to be shifted somewhere so that it can be released. Work through these moments while continuing to heal, and you'll be amazed at how good you feel.

Constantly thinking about it

Humans love to complain about things. It's also really easy for us to get caught up on a thought and pick at it, breaking it down and dissecting it over and over again. When you have done some healing work, you will likely go through a 24 to 72-hour period where your old energy will move out of your body. This can manifest in several different ways.

If you constantly think about something you are worried about, it is only going to reinforce that problem and those pathways, and it is going to trap that in your system. This won't allow it to be released from your system after a healing session.

Not believing

When you hear or experience the power of chakra healing, it is quite easy to fall into stunned belief and feel as if it couldn't possibly be true. Since your

head is what makes your world, it will create your world in everything.

When you don’t believe that chakra healing works, then it’s not going to work for you. Energy healing works with your belief system. That’s why you need to make sure that your belief system and your healing work are aligned. When you constantly tell yourself that you don’t believe it is going to work, then you will only unravel your work.

If you can get these common mistakes under control, you will see the benefits of chakra healing.

Chakra Healing Techniques

As you have learned throughout this book, chakras are able to become blocked due to things like trauma, repressed memories, guilt, and denial among other issues. Such issues, often psychological, will prevent your energy from flowing through the body.

When you have blocked chakras, you will likely experience several different negative ailments. The good news is, it won't take all that long to get your chakras back into balance. Before we get into specific healing techniques like Reiki and mantras, here are a few miscellaneous techniques you can try.

Visualization

Find a quiet and comfortable place to sit quietly and close your eyes. Start visualizing all of your chakras. As you do this, start with your root chakra and work your way up to the crown chakra.

Take a few minutes at each chakra and visualize them with the correlating color: red for root, orange for sacral, yellow for solar plexus, green for the heart, blue for the throat, indigo for the third eye, and purple for the crown. This visualization will allow you to connect with your chakras; it is a great way to help fix a blocked one.

Deep breathing

This can be used in conjunction with your visualization. As your lungs fill up with air and you slowly release your breath, the gradual movement of your belly and the visualization of your chakras will allow you to make a connection with each one. This works the best when you can sit in a quiet and comfortable place, free from disturbances.

Sound

Since the chakras are located in your body and the body is made up of mainly water, vibrations for sound will stir up this water which will balance the chakras and help you to connect. There are a few chakras like the throat and heart that can be unblocked through music. So, turn on the radio and sing your heart out today. Listening to soothing music can also help to calm your mind.

Jewelry

You can wear several pieces of jewelry with the purpose of healing several

chakras. The first thing you need to do is set an intention for the pieces of jewelry. To make this work a little bit better, start with a single piece of jewelry. Wear that piece for a few days and focus on the intention of healing a specific chakra. Once you can feel a change, add a second piece jewelry that is supposed to help heal another chakra. Keep doing this until you have a piece of jewelry associated with each chakra.

When you are wearing these pieces, you will feel at peace. The healing of your chakras will happen subconsciously, so you don't have to be focused on it at all times.

Flower Essences

Little bottles of flower essence liquid are great tools to help heal your chakras. They are vibrational remedies that you can mix into water or drop under your tongue, and they will bring you powerful positive energy changes. While this might sound a lot like aromatherapy oils, they are different. They don't actually have a smell. It is the healing vibration of different plants that have been preserved in a mixture of water and brandy. Flower essences can be found at the majority of health foods stores or you can find them online as well. These are some specific flower essences for each chakra:

- Pine – root
- Crabapple – sacral
- Mustard – solar plexus
- Holly – heart
- Honeysuckle – throat
- Star of Bethlehem – third eye
- Wild rose – crown

Aromatherapy

Aromatherapy is perfect for anybody that is looking to relax and re-center. Most massage therapists will use aromatherapy to help relax their clients during a massage. It's a great way to relax. It's also a perfect way to help heal your chakras, especially when you use the scents that correspond to your chakras. Aromatherapy is wonderful to use during your meditations to help increase the power of your healing.

- Root: vetiver and patchouli
- Sacral: jasmine and ylang-ylang
- Solar plexus: lemon, tangerine, and orange

- Heart: rose and geranium
- Throat: clary sage, sage, and rosemary
- Third eye: peppermint and rosewood
- Crown: lavender, cedar, and frankincense

Stones and Crystals

Each chakra has a stone and crystal associated with it. You can find stones that make the colors for each chakra. You activate and energize the stones for the purpose of healing your chakras. The vibration and the color of the crystals will do all of the healing work. There are some stones that you can use that will heal several chakras. Here are some crystals and the chakra that they can help heal:

- Root: hematite, smoky quartz, agate, garnet, ruby, and bloodstone
- Sacral: carnelian and moonstone
- Solar plexus: citrine, amber, and tiger’s eye
- Heart: rose quartz, green jade, and emerald
- Throat: aquamarine and turquoise
- Third eye: sodalite and lapis lazuli
- Crown: alexandrite and amethyst

Kundalini Yoga

Kundalini is a life force that is coiled up at the base of your spine. This energy is one of the strongest forces that can awaken all of your chakras to bring you to full enlightenment. A lot of people like to use a visualization of a serpent being awakened and rising up, which is exactly what your kundalini energy will do if it is awakened properly.

Yoga is a form of exercise that uses a combination of breathing exercises, stretches, and meditations to help improve the function of your body which will allow your energy to circulate. This form of exercise will bring about a better connection between your body, mind, and soul.

Kundalini yoga is yoga that has been designed to help awaken your kundalini energy. It is made up of several breathing exercises and stretches that will help to clear out your chakras so that your energy can flow freely.

It is best to make sure that you are in a well-ventilated room that is quiet when you practice any of these kundalini yoga practices. Make sure that you have a comfy yoga mat on which to practice..

Yoga Practice #1

1. Set an intention for your yoga practice.

This intention can be anything that you want such as clarity, understanding, calm, or openness. You can use a few mantras to help you set your intention such as:

“I am thankful for the inner strength I have, and I release my energy to heal.”

“I embrace my power.”

“I ask my body to free my life force.”

You can come up with your own intentions and mantras depending on your mood at the moment, but you want to make sure that it will help you to create a goal for your practice.

While sitting on your yoga mat, breathe regularly for a couple of minutes. Focus your intention on your breath, noticing how it feels as it moves in and out of your nose. Allow positive energy to run through your body. As you breathe out, release any of your negative emotions that have been trapped in your body. Sit like this for a few minutes until you have begun to feel calm.

Put your feet flat on the mat and move into Crow Pose. To get into crow, bring yourself in a low squat. Your feet should be flat on the mat, and your bottom should be a few inches off the ground and your knees together. Bring

your arms out in front of you so that they are in line with your shoulders. After a few moments, come to a standing position. Remain standing for a few seconds, and then return to the deep squat you were in earlier, making sure your knees stay together.

Extend your arms in front and keep them in line with your chest. As you remain in the squat, stay present and breathe. Listen to how your body feels and let the energy flow through you. This pose helps your root chakra. This will help you ground into the physical world. After being in this pose for a while, you will start to feel secure and safe, and you will believe in your ability for prosperity.

2. Move into Frog Pose.

In your squat position, shift your legs so that your legs open into a v-shape. Place your hands between your legs. You should look like a frog. Allow your eyes to close and breathe through your nose for a few seconds.

Straighten your legs with your hands remaining on the floor. Your head should be angled towards the floor and almost face-to-face with your ankles. Release your breath through your mouth and hold the pose for a few seconds. Repeat this motion ten times. Make sure that you keep your breath consistent. Breathe in while in the squat position and breathe out when you straighten your legs.

This works your sacral chakra. This opens you up to creativity and sexual health.

3. Move into the Stretch Pose.

After your last repetition of Frog Pose, ease down on your mat and lay flat on your back. Take a moment to breathe in and out through your nose. Your arms should be by your side and your legs straight out with your feet touching. Remain still for a couple of seconds, and then carefully raise your feet and head five inches off the floor. Lift your arms up with your palms facing each outer thigh and hold them so that they are the same height as your feet. Point your toes and keep your focus on them. Release the pose and then repeat eight to ten times.

While you are doing this, you want to use Breath of Fire. This is a series of quick short breaths. You should almost sound like a panting dog. You use only the nose to breathe. Your inhale is passive and then push your exhale out hard.

This will bring you calmness by allowing more oxygen to run through your

body. It also improves your blood circulation for your organs, which helps them to function properly. This will remove toxins and it strengthens your belly and opens your solar plexus chakra. You will start to feel more power and confidence.

4. Move into Camel Pose.

Shift yourself around so that you are on your knees. Flatten your lower legs on your mat with the top of your feet on the floor and the soles facing up. Place your hands on your hips and then slowly bend back. When your hips feel open and you feel that you can, reach your hands down and grab hold of your ankles. Allow your head to drop back. Close your eyes.

You need to use caution with this pose. If you aren't warmed up enough and you force yourself back into the pose, you could end up hurting yourself. If you can't reach your ankles the first time, that's fine. Bend back as far as you feel safe doing. With more practice, you will be able to reach your toes. Do this slowly.

This pose will open up your heart chakra. You will start to experience compassion, love, and acceptance.

5. Move into Cobra Pose.

Slowly raise yourself up out of Camel Pose. Lower yourself down onto your belly and chest. Settle your hands on the mat under your shoulders. Slowly push yourself up, lifting your chest off the mat while you point your heart and head to the skyline straight ahead of you. Keep your feet, hips, and legs on the mat.

Make sure that you breathe while holding this pose. Inhale through your nose; exhale through your mouth. Hold this for five sections and then lower back to your mat. Wait a few seconds and repeat. Do this eight to ten times.

This will help to open up your throat chakra. You will find yourself being able to express yourself more freely, and you won't experience as much shyness.

6. Next, we will move into Guru Pranam.

Guru Pranam is also called Child's Pose. Once you have finished your last cobra repetition, move up so that you are sitting on your heels. Bend forward so that your forehead is on your mat. Stretch your arms out in front of you. Let yourself relax onto your upper thighs. You can also keep your knees out, creating a v-shape and allowing your chest to rest between your legs.

This helps your third eye chakra. This will allow you to gain more intuition

and help you transcend beyond your world. Make sure that you stay tuned into your body. Be mindful of your breath and allow your thoughts to flow. This will place you into a meditative state.

7. Move into the last pose, Sat Kriya.

This is your last pose in the kundalini yoga meditation practice. This pose is powerful and allows your life force to travel up through all of your chakras. This will send your energy through your bloodstream to your bones and organs.

Rise back up so that you are sitting on your heels. Stretch your back and neck up straight as you breathe. As you inhale, breathe in positive energy. As you exhale, breathe out negative energy. Release everything that isn't serving your body. When you exhale, bring your arms straight above your head and interlock your fingers. Extend your first fingers up to the sky.

As you sit in this position, chant "Sat Nam". Make sure that you say "Sat" as you take in each breath and "Nam" as you let out each breathe. Sit in the Sat Kriya position as you do this for five to 20 minutes or however long you feel you can hold this pose.

"Sat Nam" means "true vibration." This will help you to honor your truth and intuition. You already know what you need no matter what happens to you.

This entire yoga practice can take only ten minutes, or it could take as long as an hour. How long it will take will depend on you.

Yoga Practice #2

1. Get ready.

Get into a comfortable cross-legged position. Allow your breathing to slow down. Notice how it flows deep into your stomach and ribs, expanding them. Once you are relaxed, put your hands in prayer and chant, "Ong Namo Guru Dev Namo" three times.

2. Move into leg lifts.

Slowly bring yourself to lie flat on your back with your arms against your sides. Breathe in through your mouth as you bring your legs up straight. Breathe out through your nose as you bring your legs down. The knees should stay straight. If you need to, you can put a blanket under hips and one below your calves. Keep your motions smooth as you raise and lower your legs following your breath. Do this for one to three minutes.

3. Move into Rock Pose.

As soon as you have finished your leg lifts, go directly into Rock Pose. This is where you sit on your heels and keep your upper body straight. Place your hands on your knees. Breathe in through the mouth and raise your hips until you are on your knees in a kneeling position. As you move to your knees, allow your elbows to point back and your hips to point forwards. Your head should remain level. Breathe out through your nose and return to Rock Pose. Repeat this motion, following your breath for one to three minutes. As you become warm, quicken your pace.

4. Move into a Grind.

Come out of Rock Pose and return to a cross-legged position. Rest your hands on your knees. Start to make large circles with your lower torso by rotating your bellybutton to the front, the right, the back, the side, and the front again. Let the rest of your body move naturally with these motions. You should breathe in when your torso moves forward and breath out when it moves back. Do this for one to three minutes. Halfway through, reverse your direction.

5. Move into a Mudra.

Move from cross-legged back into Rock Pose. Grasp your hands behind your back in Venus lock. For the Venus lock, interlace your fingers and place one thumb on the Mound of Venus of the other hand. This is the squishy flesh below the thumb. Normally, women will put their left thumb on the Mound of Venus on the right and men will do the opposite.

This is a common mudra for kundalini yoga and is very balancing. This can be done at any point of your day if you are feeling unfocused or anxious.

Breathe in through your mouth. Bring your forehead to the floor. Lift your interlocked hands as far up as you can. Breathe out through your nose and raise back up. Repeat this breathing and movement for one to three minutes.

6. Relaxation.

Bring yourself down flat on your back. Focus on your bellybutton and direct your flow of energy to it. This is where your awakening occurs. As you focus here, allow yourself to relax and keep your palms facing up beside your body. Picture your body melting into Earth. Notice as the universal light washes through you. Scan across your body so that every muscle relaxes. Stay here for five to seven minutes.

Yoga Practice #3

1. Become grounded with the Earth.

When you start this yoga session, you want to start out grounded. This will activate the root chakra and help you to feel connected and safe. Mountain Pose is the best way to make sure that you ground yourself on the Earth, and it's probably the easiest yoga position.

Stand on your mat with feet slightly apart. Make sure that your feet are firmly pressed into the mat and that you have your tailbone tucked under. Activate your stomach muscles and allow your shoulders to relax. Make sure that the top of your head is pointed towards the sky. Bring the palms of your hands together so that they meet at your heart center. Take a deep breath in and feel how your feet are connected down through the Earth and how the top of your head reaches the sky. Notice the energetic connection that you have with the Earth and the sky. Picture a bright red light emanating from underneath your tailbone.

2. Move into a Revolved Triangle.

We're moving on up your chakras. You are now grounded and connected to Earth. You can now work on opening your emotions and pleasure. This is done through the revolved Triangle Pose. It helps to stimulate the lower abdomen and organs in this area. This will also make sure that you remain grounded.

From Mountain Pose, turn and step up to the top of your mat. Step your left foot back. Keep your right toes pointed forwards. Move your left foot so that it is parallel with the end of your mat. Keep your hips facing forward so that they are square with the front of your mat. Place a yoga block to the inside of your right foot so that it is located under your face. Rest your left hand on top of the block.

Gently rest your right hand in the crease of your hip and ease your hip back to keep it in line with the left hip. As you work to adjust the hips, slowly twist your upper body to the right. You can stay here if you wish or you can start to extend your right arm so that it points to the sky and the right shoulder is stacked over the left.

With each exhale and inhale, allow your spine to stretch more. Keep your mind on the region of your reproductive organs and picture an orange light glowing here. If you want to add some more intensity, you can get rid of the block, placing your left hand on the mat and shifting your gaze up to your extended right hand. Remain here for a few more breaths, and then return to Pyramid Pose.

Shift your feet, so that the left foot is in front and the right in back and repeat on the

opposite side.

3. Move into Boat Pose.

Moving up to your solar plexus, you are getting ready to engage with your willpower and the internal heat that you have in your belly. Boat Pose is the perfect way to engage your solar plexus chakra.

After coming out of Triangle Pose on your left side, slowly come to a seated position on your mat. Bend your knees so that your feet are flat. Put your hands next to your hips. Raise your chest so that your spine is lengthened. Start to slowly lean back until you feel your core engage, but make sure that your heart stays lifted.

If this seems too easy, extend your arms in front of you and lift your lower legs so that they become parallel to your mat. As you maintain the pose, picture a yellow light circling around your chakra, building a fire in your belly. Keep holding Boat Pose for 15 to 30 seconds. Release your feet back to the mat. Relax your belly for a few seconds, and then return to Boat Pose. Do this three to five times.

4. Move into a low lunge.

Moving on up, we are now going to awaken our compassion and connection with other people. When you move into a low lunge, you will open up your heart space , which should be your focus of this move.

Once you release your last Boat Pose, move your hands and knees as you slowly lift yourself up to the downward facing dog. Hold this for a second and then step your right foot up between your hands. Bring your left knee to your mat. Make sure that you keep your hips square. Move your weight to your right foot so that your hips release to stretch the left front hip.

Reach your right hand up to the sky. Bring the left hand to rest on the top of the left leg. This version is a great heart opener and it stretches the front of your body. With each inhale, allow your chest to open more. With each exhale, fall deeper into your backbend.

Make sure that you keep your heart open, and picture a beautiful green color surrounding your chakra bringing in kindness and love. Stay here for a few more breaths, and then slowly release. Step back into downward facing dog. Bring your left foot forward and repeat on the other side.

5. Move into Easy Pose for a chant.

Now, we are going to make sure that you can speak up and communicate. Chanting is a great way to bring alignment to your throat chakra.

Come out of Downward Facing Dog and rest in Easy Pose. Place your hands in Gyan Mudra. This is where your index fingers are touching your thumbs while the other fingers are extended. Rest the back of your hands on your knees. Inhale so that your chest rises, and your spine lengthens. Exhale and allow your shoulders to relax.

Tuck your chin in towards your chest so that you create a throat lock. This will help to stimulate the throat. Start to chant "Humee Hum Brahm Hum." As you perform this chant, picture a blue light surrounding your throat. Watch as it gets rid of all of your doubts that you have regarding truth. Do this mantra three to 11 times.

6. Move into Dolphin Pose.

Now, we are going to open up your intuition so that you can trust yourself, and so you can have inner guidance. Dolphin Pose will help to increase your facial circulation and the circulation of your brain.

Come up out of the Easy Pose and move to your hands and knees. Push yourself up into Downward Facing Dog. Lower the forearms so that they are on the ground. Make sure that you keep your elbows and shoulders in line. Move your hands so that your palms touch. Rock yourself forward so that your chin will move in front of your thumbs. Rock yourself back up to Dolphin Pose. Do this five to ten more times as you visualize an indigo light encircling your chakra. Once you have finished your movement, take a rest in Child's Pose.

7. Move into Balancing Butterfly.

We're going to finish out this practice by opening up your trust and devotion. To perform this pose, you will need lots of concentration and balance.

Moving out of Child's Pose, kneel on your mat and tuck your toes under. Lift your knees up off of the mat as you move onto the balls of your feet. Make sure you keep your heels touching while they are under your hip bones, and then spread your knees open as wide as you can. You can rest your hands on the mat if you need.

After you have stabilized yourself, bring your hands up to heart center. If you want to raise the intensity, you can move your hands so that they are over your head. Hold this position.

While you are here, picture a line of energy moving from your root all the

way through every chakra and exiting through your crown. The energy that comes out is a bright purple light that encircles your body. Stay here for five to ten breaths, and then slowly come out of the hold.

Reiki

Chakras and Reiki originated in different cultures, but they have lots of commonalities. There are a lot of Reiki healers that will use the seven chakras. Reiki originated in Japan as a form of energy healing. A Buddhist monk, Mikao Usui, discovered it. He learned how to channel the energy that naturally flows through all of us. Everybody is able to use this energy.

Ever since Reiki was first used, it has used energy centers that let our prana move through the body. In the original tradition, they called these points tandens. Originally, Reiki used to only focus on one tanden known as the Sika tanden, which is found right below the belly button. We now know of a total of three tandens. One is located in your upper chest, and another is in the center of the forehead.

Tandens are basically a different interpretation of chakras. They regulate energy flow. If tandens become blocked, energy is unable to flow through the body. Most people will go to a Reiki practitioner to have a Reiki treatment performed on them, but with some practice, you can self-heal with Reiki.

Self-Healing Technique

1. Getting Ready

Find a quiet place where you won't be disturbed. The space should be as relaxing as possible. Turn the lights off, light some candles, and play soothing Reiki music. You want to get the environment ready for nurturing.

2. Kanji Hand Positions

Before you start your self-healing sessions, you need to center yourself by using the following three hand positions.

Position #1: You either sit or stand. Interlace your fingers and press the tips of your index fingers together. Shut your eyes and stay that way for about 30 seconds. Focus your energy on your solar plexus chakra.

Position #2: Begin like above, but this time, have your middle fingers touch. Picture your chakra filling up with a healing white light.

Position #3: Drop your middle fingers so that all of the fingers are interlocked. Allow the energy in your chakra to spread freely through you.

Now move into a comfortable position either lying down or sitting. If you choose to lie down, put a pillow under your knees. If you feel a bit cold, cover up with a blanket.

3. Body Scan

Focus your attention on yourself and start to scan through your body. Begin on the top of your head and work your way down to your toes. Take a moment at each spot and think about what you feel there. If there is tension, release it. Is there any pain there? Are you able to accept the present moment? You are now centered and can move onto the healing.

4. Point One

Put your hands over your face. The fingers should be pointed towards your forehead, and the sides of your hands should be touching. Hold this position for three minutes or however long your body tells you it needs it.

5. Point Two

Move your hands to the top of your head so that your fingertips are touching. If you don't like this position, you can cup your hands over your ears. Again, hold for three minutes or longer.

6. Point Three

Move your hands to the back of your head. The bottom of the palms should cup the base of the skull. Hold for three minutes or more.

7. Point Four

Move your right hand so that it covers your throat. Place your left hand over the heart. Hold for three minutes or longer.

8. Point Five

Move your hands down to your shoulders and position them close to your neck. Hold for three minutes or more.

9. Point Six

Put your hands on your upper stomach with your fingers touching. They should rest just below the rib cage. Hold for three minutes or more.

10. Point Seven

Move your hands down so that they cover the bellybutton. Hold this for three minutes or more.

11. Point Eight

Slide your hands down so that they cover your lower belly just at the pubic bone. Hold this for three minutes or more.

12. Point Nine

Move your hands around to the lower back, keeping your fingertips touching like before. Hold this for three minutes or more.

13. Point Ten

Slide your hands down so that they cover the sacrum. Hold this for three minutes or more.

14. Point Eleven

Grab your left foot with both of your hands and hold this for three minutes or more.

15. Point Twelve

Now grab your right foot in both of your hands and hold this for three minutes or more.

16. Point Thirteen

Place your left foot into your left hand and your right foot into your right hand. Hold this for three minutes or more.

17. Point Thirteen(b)

Hold your feet in opposite hands and hold for three minutes or more.

While you are doing your self-healing practice, make sure that you stay comfortable while in each of the positions. If you aren’t able to hold your feet, you can focus your energy on your feet and point your palms towards them. To help with chakra healing even more, focus on your chakras as you go through these moves.

Mantras

Mantras are basically a fancy word for an affirmation. Mantras are often used during mediations or they become a meditation of their own. Sometimes, yoga practices will use mantras as well. A lot of people who use mantras will use mala beads to help them. Most malas hold 108 beads because most mantra practices will tell you to repeat the mantra 108 times. The 108 beads represent the mortal desires of man. There are some that only have 54, 27, or 18 beads. Many mala beads will have three extra beads that separate the beads into four sections, as well a guru bead. The separator beads will have a different feel so that you know you can skip over it. Here are several mantras that you can try out to open up and heal your chakras. The first five are basic mantras that are known as seed mantras and help balance your energy.

1. OM
2. KRIM (kreem)
3. SHRIM (shreem)
4. HRIM (hreem)
5. HUM (hoom)
6. Root – “I am supported and strong.”
7. Sacral – “I create my own reality.”
8. Solar Plexus – “I deserve to follow my purpose and passion.”
9. Heart – “I am open to receiving love and giving love. I am love.”
10. Throat – “I am aligned with my truth. I speak with purpose.”
11. Third Eye – “I am connected to my spirit and believe in my intuition.”
12. Crown – “I am connected with the divine. I believe in the divine that surrounds me.”
13. Root – LAM
14. Sacral – VAM
15. Solar Plexus – RAM
16. Heart – YAM
17. Throat – HAM
18. Third Eye – AUM
19. Crown – AH
20. Root – “I am at peace.”

21. Sacral – “Creativity freely moves through my body.”
22. Solar Plexus – “Letting go can be empowering.”
23. Heart – “Giving is receiving.”
24. Throat – “My words are my powers.”
25. Third eye – “I am open.”
26. Crown – “I surrender myself to the best that works through me.”

Chakra Meditations

Meditation gives you the power to transform your mind. It is meant to help positively change your emotions, improve your concentration, and bring you a sense of calm. Through different meditation practices, you can train your mind to new patterns. With chakra meditations, you will be focusing your mind on your chakras to help clear them of blocked energies.

Root Chakra Meditation

This mediation is a tried-and-true method of creating a connection with your root chakra.

1. Find a comfortable position, either laying down or sitting, and take in three deep and slow breaths. With each inhale, imagine the breath sending energy to your perineum; this is the space between your anus and genitals. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation.
2. Begin to gently tap at the top of your pubic bone or on either side of the lower parts of your hips. This will wake up the connection you have with your root chakra.
3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture a red glowing light growing and pulsing in your lower pubic area. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.
4. As you fall further into your meditative state, talk to your root chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don’t need to worry about it. You will get something as you continue to practice.
5. If you didn’t receive a message but you start to feel a new awareness in your root chakra, something like a pulsating in the lower hips and down through your feet, you have made a connection to your root chakra.
6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling any sort of pain in your legs or lower back, you are trying too hard. Take a break and go back to it later. Remember that even seasoned meditators will sometimes find it hard to shut off their mind. Take this moment to observe these thoughts without judging them; let them go and gently refocus your mind.

Sacral Chakra Meditation

1. Find a comfortable position, either laying down or sitting. Take in three deep and slow breaths. With each inhale, imagine the breath sending energy to the space right below your bellybutton. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation. You can place your hand on this area while you meditate if you would like.

2. Begin to gently tap the area below your bellybutton with two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture an orange glowing light growing and pulsing in your lower abdomen area. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your sacral chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your sacral chakra, something like a pulsating in this area, you have made a connection to your sacral chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling any sort of pain in

your lower abdomen, you are trying too hard. Take a break and go back to it later.

Solar Plexus Chakra Meditations

1. Find a comfortable position, either laying down or sitting. Take in three deep and slow breaths. With each inhale, imagine the breath sending energy to the space right above your belly button. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation. You can place your hand on this area while you meditate if you would like.

2. Begin to gently tap the area above your belly button with two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture a yellow glowing light growing and pulsing in your upper abdomen area. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your solar plexus chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your solar plexus chakra, something like a pulsating in this area, you have made a connection to your solar plexus chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling any sort of pain in your upper abdomen, you are trying too hard. Take a break and go back to it later.

Heart Chakra Meditation

1. Find a comfortable position, either laying down or sitting . Take in three deep and slow breaths. With each inhale, imagine the breath

sending energy to the center of your chest. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation. You can place your hand on this area while you meditate if you would like.

2. Begin to gently tap your chest with two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture a green glowing light growing and pulsing in your chest. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your heart chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your heart chakra, something like a pulsating in this area, you have made a connection to your heart chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up noticing your heart is racing uncomfortably, you are trying too hard. Take a break and go back to it later.

Throat Chakra Meditation

1. Find a comfortable position, either laying down or sitting. Take in three deep and slow breaths. With each inhale, imagine the breath sending energy to the notch of your throat. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation.

2. Begin to gently tap the bone at the notch of your throat with two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture a blue glowing light growing and pulsing in your throat. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your throat chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your throat chakra, something like a pulsating in this area, you have made a connection to your throat chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling any sort of pain in your neck, you are trying too hard. Take a break and go back to it later.

Third Eye Chakra Meditation

1. Find a comfortable position, either laying down or sitting. Take in three deep and slow breaths. With each inhale, imagine the breath sending energy to the space between your brows. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation.

2. Begin to gently tap the area between your eyebrows with two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture an indigo glowing light growing and pulsing in the area between your brows. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your third eye chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your third eye chakra, something like a pulsating in this area, you have made a connection to your third eye chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling like your getting a headache at the front of your head, you are trying too hard. Take a break and go back to it later.

Crown Chakra Meditation

1. Find a comfortable position, either laying down or sitting. Take in three deep and slow breaths. With each inhale, imagine the breath sending energy to the top of your head. With every exhale, release whatever you are holding in this area. This could be pain or fears. It could even be what you think you should be feeling while in this meditation.

2. Begin to gently tap the top of your head two fingers. You can also gently massage the area in a circular motion.

3. As you continue to breathe in and out through your nose, direct your breath to your chakra. Picture a purple glowing light growing and pulsing in the top of your head. For people who identify mostly as male, the light should spin clockwise. For people who identify mostly as female, the light should spin counterclockwise.

4. As you fall further into your meditative state, talk to your crown chakra to see what it needs. Take some more breaths to notice if you get any feedback. This feedback could be a word, intuition, color, image, song, sound, or feeling. Act upon the feedback you receive. If nothing comes up, you don't need to worry about it. You will get something as you continue to practice.

5. If you didn't receive a message but you start to feel a new awareness in your crown chakra, something like a pulsating in this area, you have made a connection to your crown chakra.

6. As your meditation comes to a close, take three deep and slow breaths. Direct your inhales towards your feet so that you are grounded, and then slowly open your eyes.

7. Make sure you take things slowly as you start. This will take some time and practice so be patient. If you end up feeling any sort of pain in your head, you are trying too hard. Take a break and go back to it later.

Multiple Chakra Meditation

1. Begin by lying down. While relaxing, try to direct a slow inhale towards your root chakra, and slowly exhale the energy through your mouth. Take three more breaths, and release anything that is stored in your root chakra. Get in touch with emotions that you may find in this chakra. You might even find a little bit of discomfort. Notice whatever is going on here. Picture a red ball of light healing your chakra. See if the initial sensations have changed.

2. Move up to your sacral chakra. Again, breathe into the chakra, and release whatever is being held there. Notice any sensations or feelings. Visualize an orange ball of light healing your sacral chakra. Take note of any changes that happen in this chakra.

3. Turn your focus to the solar plexus chakra. Breathe into this chakra, noticing any sort of emotion or sensations. Picture a large yellow ball of light healing this chakra. Notice if you feel any changes.

4. Moving up to your heart chakra, breathe into the chakra. Take note of any sensations or emotions that live here. Imagine a large green ball of light healing this chakra. See if any changes happen.

5. Focus on your throat chakra now. Breathe healing energy into it, and release anything that is there. Notice any sensations or feelings. Imagine a large blue light healing this chakra. Notice if any changes happen.

6. Slide up to your third eye chakra. Breathe into the chakra, and notice any sensations or emotions that are here. Imagine a large indigo light healing this chakra. Take note of changes that happen.

7. Move up to your crown chakra. Breathe into your chakra, and take note of any emotions or sensations that you are experiencing here.

Picture a large purple light healing this chakra. Notice any changes that happen.

8. Take a moment to feel all of your chakras working together. Imagine a white light enveloping your body and healing your chakras. Lie here for a few more minutes allowing the white light to heal your body. Once you feel you have meditated long enough, take three deep breaths and slowly open your eyes.

Inner Vision

This meditation will require you to use your inner vision. Your words carry a vibration, and this imagery that you will picture will carry vibrations as well. You can use any type of image that brings up your energy. Test out a few images to see which will bring you sensations of hope, joy, and peace. To help you out, you can try imagining a warm and golden sunlight. As you go through this mediation, your inner vision will likely start to show you things other than what we will discuss. This is perfectly fine as long as it is uplifting.

1. Find a comfortable and quiet place where you can be undisturbed for a while. Close your eyes and take a moment to scan through your body to see if anything is uncomfortable. Take some time to get adjusted into a comfortable and supported position.

2. Turn your attention to your breath, but don't try to change it. You may still notice that it changes on its own. It could become slower and deeper. It could also become faster. Don't worry about what it's doing. Allow it to be. All you need to do is watch your breath and be fully aware of how it feels to breathe in and breathe out.

3. If your mind starts to wander during your meditation, bring it back to your breath. Don't get upset, just return to your breath and how good it feels. Allow your breathing to relax you.

4. Now that you're relaxed and focused on your breathing, picture yourself standing under the rays of a healing and warm golden light. This is a light of complete awareness. This is the essence of you and the essence of all living beings. It's all-encompassing love. It is the purest form of love. It is brighter than anything you have ever witnessed. It shines more than a million diamonds.

5. Allow this light to flow into your head and spread through your body at its will. Open yourself to the love that the light brings into you.

It has your best interests in mind and is clearing out whatever is keeping you from your truth and love. As this light spreads through you, it fills your tissues, organs, cells, and every part of your body. It spreads into your memories and thoughts and fills them with healing. It will allow you to learn from what you have experienced.

6. This golden light pours through your crown chakra. It spreads into your third eye and opens up your connection to truth.

7. This warm and healing light flows down into your neck and through your throat chakra, balancing its energy and awakening your freedom. It spills over your shoulder and flows down into your arms and into your wrists, hands, and fingers. It shoots through the ends of your fingers and flows back into the earth.

8. From your fifth chakra, the light slides down into your heart and fills you with love. It pools in your heart and flows out in every direction. It continues to travel down your chest, front, and back.

9. The light fills up your solar plexus and fills up your rib cage. In this area, it touches your memories from your childhood and adolescents and your experiences with parental figures. They are all made new and are provided love, softness, and space. You now know that you were accompanied by a Divine Companion in everything that you did. This could be a Guardian Angel, Jesus, Buddha, and Love, whatever you choose. This Presence has always been with you and still is with you through all of your challenges.

10. This light continues to fill every fiber of your being and all of your thoughts as it spills down into your sacral chakra. It embraces the child that is still living in you. The light tells your inner child that he or she is loved for who he or she is. Your inner child is told that he or she hasn’t done anything wrong. They only dreamed the things they did. Your inner child is beautiful, whole, and complete. They are loved and safe.

11. The golden light continues to travel down into your root chakra and spills in all directions. The light opens up your awareness of your connections with the love of family and other people on Earth. This light is awakening your wisdom.

12. The light heals everything it touches. Everything in your body is being filled with the love of this light. The light flows down your legs

and exits your feet, flowing into the Earth.

13. You are now filled with the flow of this pure light from the top of your head through the tips of your toes. Everything is being rinsed in this golden light on every level. Anything that doesn't serve you is being removed leaving behind a warm and loving feeling. Relax and allow everything to be released.

14. Stay in this moment for five minutes or more.

15. As you are with this light, sense that you are the light. Notice as your body dissolves into the light. Notice the freedom you feel of the light. You are unlimited and unbounded. Your creativity is unlimited because you are the light. You can do everything. You travel in every direction and are one with all beings.

Violet Flame

With this meditation, you can access fifth-dimensional frequencies that will help you to get rid of any unresolved and unhealed energies. This is an important thing to do when you want to clear out your chakras. Your chakras can't heal until you can heal from things that have happened to you. Things, good and bad, tend to hang around in our energy field. Until you can change the negative into light and love, you will suffer from chaos and negativity. Violet flame can help you to change this. When you enter the fifth dimension, you will be connected to those you love, no matter where they are. You will also see that everybody is connected energetically as one. When you are here, your life will unfold through your passion because you will naturally choose what brings you joy.

1. Find a quiet space where you won't be disturbed and get into a comfortable position. Sit so that your spine is straight, and your arms and legs are uncrossed. Your feet should be flat on the floor with your hands rested in your lap.

2. As you breathe in, imagine you are breathing in a white light or love through your heart chakra. Stay with this for a moment until you are able to feel it. This works the best when you feel you are devoted to forgiveness and love. If you are finding this hard to do, try to think of a person who was kind to you. Find a memory of them and relax into their kind and warm energy. Take some time with this. Once you start to feel an opening, breathe the kindness out to somebody else. This will allow your heart chakra to open.

3. To start your meditation, begin with a decree like, “I am calling the violet flame to purify all that is inside of me.” You can make your statement whatever you want as long as it starts with the words I AM. Repeat this statement a few times out loud, and really notice your thoughts and feelings. It will work more powerfully if you can speak it out loud instead of saying it in your head. You need to stay in a forgiving and loving mindset. You can continue to repeat this phrase as often as you want.

4. Once you feel you are centered, you can begin to speak your violet flame meditation. This is very different than other meditation because you speak all the way through it. You can change this up however you would like.

5. “I am me. I am a presence. I breathe love into my heart. I am the center of light. I call the complete power of the violet flame to change the memories, records, habits, effects, core, and causes of all of my actions, words, feelings, and thoughts I have ever used at any moment or in any dimension, unknown or known that brings along any thought of…” (state what it is that you want to work on like prejudice, judgments, hatred, blame, anger, fear, belief in being bad, shame, self-hate, power misuse, misuse of energy, disease, suffering, powerlessness, victimhood, or poverty).

6. “With my intention as love and forgiveness, I burn the violet flame through every particle and wave of my life energy in every time and place that reflects anything less than what serves my true, positive purpose.”

7. “I trust Source to change every part of me on every single level into the highest level of light and love and abundance and health.”

8. “I ask that I fill my presence with the golden light of love, abundance, and health.”

9. “In my creator’s name, I accept this as done. So, it is.”

Boat of Wellbeing

1. Go to a quiet place that you like being, where you are able to fully relax, and you know you won’t be disturbed. Turn off your phone. Get into a comfortable seated or lying position, if you can do so without going to sleep.

2. Make sure that you are comfortable, and then shut your eyes. Focus

your attention on your breath. Don't try to do anything to it; just notice it. Your breath is going to naturally change just by focusing on it. Your body and mind will start to relax.

3. You will likely notice tension being released from your body. You could feel as if you are sinking. Like gravity is pulling you into a sense of relaxation. Continue to focus on your breath. Breathe in. Breathe out. In… and… out.

4. Take a slow scan across your body to see if you are holding anything inside of your mind or body. There may be something you have been dealing with that comes to mind. You may notice that you have a tightness or tension within your body, which means that you are grasping or reaching for something.

5. As you take note of these grasps and stresses, allow them to leave. If you need to attend to something in your life, it can wait and be worked on later. This is a time to relax, to take a little vacation from having to think or plan. If you do notice some stress, don't blame it on anybody else. Notice that it is there, and then allow it to go.

6. Picture yourself resting on a comfy boat that is floating gently down the river of rejuvenation and love. You can create any type of boat that you want. This boat is being guided by your heart, which has aligned itself with abundance.

7. The boat has resonated on every level with your pure heart. Everything on the boat is everything that you will need.

8. When you need something, it will show up in front of you. You have loving companions to take the journey with you. You have all the best food that you will need to nourish you. There is music playing that soothes you. Everything on the boat brings you wellbeing and joy.

9. The only thing you need to do is enjoy yourself and relax and notice everything that you have in your life. Everything is under control. There are no cares or concerns in your life right now because you have everything you need. There is no need to ask for anything. When you notice you need something, it will show up, no matter what it is.

10. When you notice that you want to do something or fix something, relax and know that it has already been attended. This is your dream vacation where somebody else is taking care of everything.

11. There is no need to come up with any plans for how to get things.

All you have to do is relax and know that your boat will take you where you need to travel, and it will happen in the best way possible.

12. Allow yourself to relax because everything is being tended. Focus on the healing and nurturing that is available to you. As you float on down the river, you are being taken further into relaxation and wellbeing. You are filled with clarity and light. Everything good is here. All you have to do is let the river take you into love. Everything is completely handled appropriately.

13. If stress starts to rise up, don't try to control it. Notice that it's there, and remind yourself that everything is being handled. Relax into the love that surrounds you. Allow your knots to be untangled. Everything is healed. You are at home, nurtured, loved, and appreciated. You are done with work and can relax. You don't have to do anything. Everything is being done for you.

14. An entire staff of beings is on the boat with you to take care of whatever you need. When you need something, one of these beings appears to help you.

15. Allow yourself to float along and surrender yourself to a delicious relaxation.

16. Once you feel ready, you can open your eyes and have a look around. How did it feel? Was it hard for you to let things go and allow other people to take care of the things you needed? If you did, you're not the only person that has that struggle.

17. Were you able to feel any sense of relief in trusting that you were traveling along the right course that everything had been handled? Were you able to feel the loving energy healing you? This is what you want to reach.

18. The more you can feel this in you, the higher you will vibrate and the cleaner your chakras will be. The more you vibrate in this level, the healthier and more connected to your true self you will become.

Chakra Healing

This meditation script will bring you along a relaxing trip that will restore and cleanse your chakra's energy. Your entire energy system will retire into a state of balance and harmony.

1. Let your eyes slowly close. Focus on your breath and allow it to move down through your body, allowing it to relax your belly and

soften the mind.

2. Feel how your seat below you supports you and connects you with the ground beneath you. Allow it to take on your full weight.

3. Notice all of the sounds that are around you and allow them to be there. Notice the light that you can see through your closed lights. Feel the air that touches your body. Sense the sky that is above and the Earth that stretches out all around you.

4. Let your mind become empty of anything that you don't need to hold. Let this go away and flow out from you. Let your body release anything that it doesn't currently need. Let this go away and flow out from you.

5. Pull yourself out of the experiences that you have gone through today. Pull your energies back to your center. Allow yourself to be grounded at the moment.

6. Start to sense what is around you. Inhale with the energy and notice the rise and fall of your breathing: the way it comes and goes, how it sounds and feels, and its temperature.

7. Take a deep breath in, all the way down to where your body rests, just below your spine at your root chakra: your belonging. Breathe in here. Allow this space to gently expand and soften. Let it take in nourishment and your energy.

8. Let you become connected to the ground below you, deep into the depths of the Earth. Bring in the color red. Allow your root chakra to become bathed in this red color, empowering and grounding you. You are in the here and now. Allow your root chakra to take in everything that it needs.

9. Once you feel you are ready, let your awareness to come to your belly, right below the belly button: your sacral chakra, the center of emotional intelligence, pleasure, and creativity.

10. Breathe into this space and allow it to expand and soften with your breath. Allow it to take in energy and nourishment. Bring in the color orange. Allow your sacral to be wrapped in this color. Let it feed on the power.

11. Once you are ready, move on up to the area just below your breastbone: your solar plexus, your power.

12. Breathe into this area and let the solar plexus expand and soften

with your breath. Bring in the bright color yellow. Let your chakra be surrounded by this sunshine. It will nurture and replenish your chakra. Allow your chakra to take in whatever it needs.

13. Once you feel you are ready, move your awareness to the middle of your chest: your heart, your space of love and development.

14. Breathe gently into your heart and allow it to expand and soften. Bring in the color green into this space. Allow your heart to be surrounded by this nourishment and healing. Allow your heart to consume whatever energy it needs to while you are here.

15. When the time is right, move your awareness to your neck: your throat, where your will and expression live.

16. Breathe as the chakra softens and expands. Bring in the color of the sky. As the throat is coated in the blue, allow it to soften, open, and clear. Allow it to open so that you are free to express yourself. Allow your throat to take in everything that it needs.

17. Once you are ready, bring your focus up to your forehead to your third eye: your chakra of intuition and wisdom. Let this area expand and soften.

18. Bring in the color of indigo. The beautiful color of the night sky. Allow your third eye to be wrapped in this color, bringing balance and insight into your third eye. Allow your chakra to take whatever it needs.

19. In your time, move up to your head, the crown chakra, to your oneness.

20. Bring in the color purple to caress your chakra. Notice as it restores and balances your crown. Allow it to take in everything that it needs.

21. Once you feel ready to return to yourself and become whole – back to the rise and fall of your breathing, back into you – take a breath into your core. To yourself, say, “I am perfect and whole.”

22. Let these words bathe you in their energy. Let it sweep across your spirit, emotions, mind, and body. Take in all the energy that you need.

23. In your own perfect time, start to notice the air that touches your body. Take note of the sounds that are close and far away.

24. Take a moment to close down your chakras a bit. Having the intention to do so is enough. Notice the support that you have below

you. Notice the way it makes you feel. Support yourself with kindness and love, for the unique human being that you are.

25. Once you feel ready, slowly move your toes and fingers, and gently open your eyes.

White Light

Performing this healing meditation regularly will help to increase your self-awareness. This will unlock your ability to naturally heal and will improve your wellbeing. This meditation can be used for yourself and for the entire planet as well. This is the perfect way to begin your day.

1. Begin by sitting in a comfortable chair that fully supports your back and body. Allow your eyes to close. Start to notice your breathing. Don't try to make any changes, just observe how it feels as you breathe in and out with repetition. Do this for a few minutes.

2. Imagine a stream of white light flowing down for your source and through the top of your head in your crown chakra. This is a glorious waterfall of love, joy, and wellbeing that is coming straight from your creator.

3. White light shines brightly and shows every color in the rainbow. Every color carries a specific healing power and brings nourishment to every part of your being.

4. Breathe this stream of light into your crown chakra. This light flows into every cell of your body and brings you enlightenment and nurtures you.

5. Breathe this white light all the way through your body until it exits the soles of your feet and spreads deep into Mother Earth.

6. You are creating a continuous and permanent line of light coming from your source all the way down through your very being into Earth. As you breathe out, you breathe in another dose of this white light and its healing energy, and it goes out to every person in the world.

7. This beautiful light circulates you. You are free to surrender and let go of everything that ever kept you from true love. Any old residues of energy have been taken over by this white light. They immediately disappear in its brilliance.

8. From your crown chakra, you breathe in this perfect light through to your third eye, located in the middle of your forehead. You breathe in pure clarity and love. You release all that has blocked you from

receiving the highest amount of love possible.

9. You ask this healing white light to open up your inner vision to broaden so that your perspective expands.

10. Through your crown chakra, you breathe in more of this healing light and send it through to your throat chakra living at the base of the throat. This is from where your truth and ability to speak comes. This will release everything that covers your truth.

11. The light flows out of your energy center and affirms to the world around that you are the highest truth of yourself. When you breathe out, this pure light flows out of your throat chakra out to everybody and brings the love and healing to the entire world with your voice.

12. You breathe in more of this white light through your crown and send it deep into your heart chakra. This expands your heart into the beautiful light and sends it out in all directions.

13. You are a unified being of pure light. You are breathing in healing light into and through and all around your body. Through this healing, you release whatever has kept you from love. You have become united with this light. When you breathe out, you are sending this healing light to humanity through your heart.

14. As you breathe in more light through your crown, you send it down to your solar plexus. This is your parent chakra. This frees you of all of your soul and the rules that you have created that cover your light and love.

15. You are expanding into this unified pure light field, and you are breathing this light into every part of your body.

16. As you breathe in more light, you send the light down to your sacral chakra, your child chakra.

17. You can feel an innocent child living within you. This pure light sends compassion and love to this child who resides inside of you. This opens you up to Source so that you feel that you’re loved.

18. You surrender all the things that cover your light. You have become a unified being, a pure light. You breathe the healing nature of the light into and around you.

19. Through your crown, you send more light down to your root chakra. This is where you feel your tribal connection with the Earth and all other human beings.

20. You release any constricting and separating beliefs that you have stored in this area. You have allowed yourself to become one with the pure light. The white light is now coursing through you and around you.

21. With every breath you take, this light expands out into a sphere of light that encapsulates your physical body. It includes the alpha and omega chakras that live above and below your body.

22. You let go of everything that vibrates lower than is healthy.

23. You have become the pure and beautiful light that lives within and around your body. Through your heart, you breathe out this brilliance to everybody.

24. Every breath you breathe in expands this light. This light has now reached your emotional body. White light floods all the way through your emotions and cleanses everything.

25. You release whatever lives inside of your emotional body that is keeping you from your light. You are one with this light on every level of your being. With every exhale, you send this diamond light out to all humankind through your heart. You have become the conduit for this light.

26. You continue to expand this light out into your casual body.

27. This healing light is now changing every memory, record, habit, effect, core, and cause that was created by any action you have taken in any dimension that has created a limitation.

28. The healing light is changing every cell of your energy that shows anything less than infinite perfection.

29. You fill every area with your white light. You are connected with this light and sending it out to every single human being.

30. Your white light continues to expand out to your mental body and permeates through all of your thoughts.

31. You release all of your limiting beliefs. You are one with this healing light.

32. On your next breath, you expand the light out to your etheric body, and it permeates through to all of the subtle energies. You release any limiting energetic connections.

33. You are one with this healing light. You send out this healing light

out to everybody through your heart.

34. With your next breath, your light will expand out to your spiritual body.

35. You are becoming more and more one with this light. With each exhale, you send more energy out to the world around you.

36. With your next inhale, your light spreads out to your avatar self. You send powerful light out to everybody, connecting more with the light.

37. With your next inhale, you connect with the divine feminine and masculine rays. They merge as one within you. They bring you forgiveness and fill your entire being.

38. Through your heart, you send these rays out to all humankind helping them heal all old wounds.

39. Everything that is not serving your higher purpose is released sending you into a state of love and light.

40. You are a continuous and connected to the field of healing light that completely encircles and fills every layer of you in all dimensions. Through your heart, out into every dimension, you send out the healing power of this light.

41. This power and light will permanently radiate through your heat and fill all areas of your being. It will always shine out to everybody in the world so that they can enjoy this healing light.

42. You will radiate this healing light throughout your day. You are the unity of spirit. This healing field will guide you in everything that you do. The light has become anchored in your heart.

43. Through gratitude and humility, you will now have the healing light shine through you to everybody so that you are a channel for the highest of healing, light, and love.

44. You are the light of healing. You're led by the purest light. So, it is.

What’s Holding You Back

You’ve been working to heal your chakras, but it seems like no matter how hard you try, nothing is changing. There are lots of different things that can keep you from opening your chakras, but we’re going to look at the seven most common holdbacks.

Fear

The first thing that can hold you back is fear. Ironically, experiencing fear is also a symptom of a blocked root chakra. Fear does serve a purpose in life. It helped our ancestors to survive because it alerts you to danger, but when you let yourself constantly fear things, your fear will dictate what you do. This will end up closing you off to life, and you will end up feeling as if you have run out of options. With chronic fear, you will end up believing that you can’t survive.

The best way to beat this fear is to face it. As you start facing your fear, you will create a track record. Eventually, you will see that you can deal with loss and pain. You will come to realize that what you fear isn’t actually all that bad.

Addiction

People will typically develop an addiction to try and make themselves feel good. When the solar plexus chakra is blocked, you lose that good feeling, so you try to seek it elsewhere. When you don’t feel good, you will likely experience guilt or shame. Your addiction will help you to “feel good” and help to ease those negative feelings. But when the addiction wears off, all of those negative feelings come rushing back in and will likely be stronger.

You have to be able to work through those addictions. This can be done by addressing feelings of guilt and shame. Guilt is a normal feeling people experience because of something they did or didn’t do. Remorse means the same thing, but it comes from the heart because you want to do something about it. If you have guilt without remorse, you create shame. Shame feeds your addiction, and you are stuck in a never-ending cycle. To heal, find remorse regarding why you feel guilty. Start making conscious decisions to right wrongs. Live your life for you so that you can feel okay without the help of some substance.

Low Self-Esteem

This goes hand in hand with the previous problem. This tends to be where the shame originates. Because you don't feel okay, you start to think you are useless and can't do anything for yourself. Or you feel that anything you do won't help, and that everything is just going to remain undesirable.

To fix this problem, do the same thing you did to fix your addiction. You have to decide that you are loved and worth everything. Once you make this conscious decision, you will quit owning the negativity that happens. You won't believe that you deserve those bad moments. Unconsciously, you will start to make more positive moments because you will reject the negative ones.

Grief

This doesn't have to be grief over a loved one. That's perfectly normal and will usually pass once you have worked through your loss. Any time you lose something, you could feel some form of grief. This is a natural response, but if it turns into chronic grief, it could end up causing you to become stuck in bitterness or anger. All of this will keep you from creating a relationship or maintaining one that you already have.

When you do experience loss, take some time to re-organize your life so that you can move forward. You can't let your life center on the loss or the grief.

Can't Communicate

By communicate, I mean telling the truth. A partial truth still makes it a lie. Some people are only able to communicate partially; others can't communicate at all. It's important that you focus on your words. You should make a conscious effort to make sure that what you say is clearly understood. It's not the other person's job to understand what you say: you need to say it to make sure they understand.

Illusion

Illusion is the opposite of insight. Illusion means that you see things only with your physical senses. This prevents you from being able to see everything. When you see blood, all you see is a red liquid. When it's magnified, you would see the platelets and red and white cells that make up your blood. Think about this, if you were blindfolded and your ears plugged, why is it that you can still sense that someone is close to you.

When you don't consider the intentions of other people, you will likely misunderstand the things they do. This is what causes an illusion. Problems will come up when you take those illusions at face value.

Attachments

People can have attachments to just about anything — food, sex, money. Having something is very different than being attached to it. You can have money because you need it to purchase things you need to survive. However, if you desire to obtain more of it and it starts to dictate the things you do, this becomes greed. You should enjoy what you have and your relationships, but you should feel as if you can live without it.

Awakening the Third Eye

When your third eye is fully opened, your wisdom and intuition will come alive. For the majority of people, opening up the third eye chakra is quite challenging and for some, it could seem just out of reach.

Once you have stimulated your third eye, you will be able to see how your previous decisions have influenced your life and how present decisions will affect your future. You will develop mental flexibility so that you can see the difference between what something seems to be and what it actually is. With the help of your sixth chakra, you will move past normal abilities. The following strategies will help you to open of your third eye chakra.

Get grounded

The first thing you need to be able to do before you can open your third eye is have your feet grounded. Also, it's important to go at this slowly and create a good foundation that will give you a good amount of discernment so that you can read your new perceptions with clarity.

Grounding is important because you need to have plenty of energy coursing through your energy system to help support a healthy opening. Once you have activated your third eye, the information you get will likely seem unusual and possibly even disturbing.

When you have enough energy and are grounded, you will be able to expand yourself into these new perceptions. This will allow you to avoid common negative side effects of a third eye awakening, like confusion.

Create silence

It's important that you learn how to have silence in your mind. This can be accomplished through meditation, sitting quietly by yourself, or allowing yourself to be lost in your favorite sport or art.

This helps because your third eye will bring your senses to new levels. Many people will refer to this as "the space in between" or psychic abilities. In order to listen to the information that you are sent through your third eye, you have to be able to hear a whisper. If you have a busy mind, you will likely miss your messages.

Focus on your intuition

There are lots of different ways to improve your intuition. Since your third

eye is your center of wisdom and vision, then it helps to get to know your dreams and what they mean. You may even want to try out lucid dreaming or try reading tarot cards. Find different ways to use your intuition during your day.

Since your third eye is where your higher perception levels live, it helps to be more tuned into your intuition. You don't have to be perfect at intuition. All you need to do is be curious and learn more about intuitive techniques. After some practice, these techniques will become familiar, and you will be confident in your abilities.

The great thing is, there's no need to be serious about it. You can have fun and explore things so that you can keep your chakras open to wonder.

Express creativity

Allow your creativity to really flow by using activities that will allow your imagination to let loose. For example, try learning something new. Don't worry about being perfect either. Allow your inspiration to control your hands, and be open to whatever results you get.

Creativity is a perfect way to allow your rational mind to loosen. All of that mental chatter that tells you that something is wrong or right – and that likes to control every little thing that you do – will be silenced with creativity.

When you are able to silence this area of your mind and you use all of the possibilities that are available to you, your third eye will start to blossom.

Chanting

Chanting a mantra will help you to listen to yourself. You can repeat the seed sound for the third eye chakra, AUM, as long as you can keep your focus. You can choose some of the words that I will list below to create your own mantra. Pick what works best for you. Repeat them in rhythm with your breath while meditating. You can also repeat them to yourself during the day in a Japa fashion. It should become one with your consciousness.

- SOHAMSO (soe-ha-hm-soe)
- HAMSA (ha-hm-saw)
- VIJNANA (veez-hn-ya-nah)

To help you connect even more with your third eye, you can follow these extra tips. Here are some great ways to improve your intuition and energy:

- Grow psychic awareness
- Practice contemplation

- Work with your spirit guides
- Connect with nature and the elemental energies
- Cultivate curiosity about symbols
- Focus on the space “in between” things
- Allow your imagination freedom
- Guided meditation
- Visualization
- Dream interpretation and lucid dreaming
- Practice divination
- Strengthen your root and throat chakra
- Allow yourself to be comfortable in silence
- Mediate under the moon
- Practice intuition

The Pineal and Pituitary Gland

If you look up information about the third eye, you will likely start seeing information about the pineal and pituitary gland. Glands and chakras tend to have an intimate relationship because they all represent bodily functions. The pituitary gland is the “master gland” because it is the control of the majority of other glands as well as the production of hormones.

The pineal gland is found in the middle of your brain and is in line with your eyes. Yogic traditions see this gland as the seat of the soul and as the source of psychic abilities. The pineal gland produces melatonin and regulates our sex maturation and sleep cycle. To help awaken your third eye, you need to nurture your pineal gland. Here’s how you can help your pineal gland.

- Take time in complete darkness because it will stimulate the gland and produce what is needed to correct hormones.
- Meditate because it balances the nervous system activities and stimulates various areas of the brain.
- Take supplements, and eat foods that support a healthy pineal gland like tamarind fruit, apple cider, and iodine.
- Get a lot of natural light.

Obstacles

Most people will run into some problems when trying to open their third eye. Here are some of the most common problems:

- They tend to descend consciousness, are conceited.
- Their ego is attached to powers.
- They communicate on the surface.
- They use information about others for their own personal gain.
- They do foolish things.
- They ignore what their body tells them.
- They aren’t dreamy.
- They have self-deceiving truths.
- They get distracted by details.
- They listen to others through their own concerns.
- They see others as different.
- They are rigidly rational.

If you can overcome these issues and follow the techniques explained above, you will be able to open your third eye, and experience life in a new light.

Chakra FAQ

To finish things out, we're going to go over some common questions concerning chakras just to make sure that you have a great understanding of them.

- What are chakras?

Chakras are the energy centers in the body that send, receive, and use information about different things related to your being. In Sanskrit, chakra translates to a wheel. This is the perfect name for the energy centers since they move in a circular motion.

- How many are there?

There are a lot of different thoughts on this, but the majority of people acknowledge that there are seven main chakras.

- How is my life affected by chakras?

Chakras affect every part of life. Your DNA holds your biological information and genetics, and your chakras hold the information for your energy. If there are parts of your life that you want to make better, your chakras are a great place to begin.

- What are their locations and relations?

The root chakra is at the tailbone and relates to vitality, grounding, and prosperity. The sacral chakra is at the pelvis and relates to intimacy, sexuality, and fertility. The solar plexus chakra is just above the bellybutton and relates to energy, mental clarity, and confidence. The heart chakra is located at the heart and relates to love and compassion. The throat chakra is located at the throat and relates to truth, artistry, and communication. The third eye chakra is located between the eyebrows and relates to intuition, dreams, and vision. The crown chakra is located at the top of the head and relates to unity, wisdom, and intelligence.

- Do women and men have the same chakras?

Yes, every human being's chakras work the same. Chakras one, three, and five have masculine qualities; two, four, and six have feminine qualities. Because of this, men will often have stronger chakras that have masculine qualities, and women are stronger in the feminine ones. There are exceptions, though.

- Does one blocked chakra affect the rest?

Yes, because they all work together. Just like a piece of jewelry, they are tied together and have energy currents that move up and down the body. When one is blocked, the chakras right above and below it are affected because it impedes the flow of energy.

- What do upper and lower chakras mean?

The middle chakra is the heart and is seen as the central energy location. In tantric teachings, the heart chakra is viewed as a mirror that separates the upper and lower chakras. The lower three connect with your earthly qualities. The upper three connect with your spiritual qualities. It doesn't make them any different otherwise.

- Can I feel them?

The majority of people can feel them. On the inside of your body, your third chakra could feel like butterflies in your belly. You could feel a warmth in your heart for your fourth chakra. On the outside, if you feel over them with your hand they will likely feel like a pillow of energy. It tends to be a lot easier to feel another person's chakras. Ask somebody to lie down and place your hand over their third and fourth chakra. Hover your hand about two feet away, and then gradually move it close until you can feel their energy touch yours. You will notice that it feels like a cushion.

Conclusion

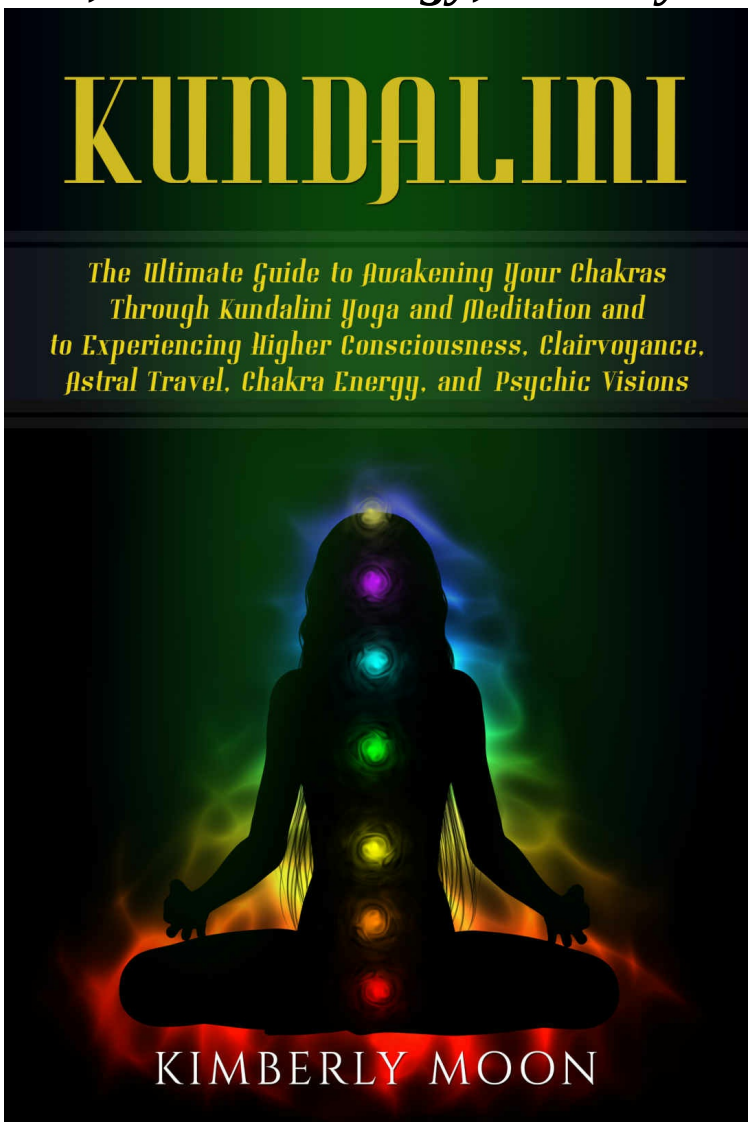
Thank you for making it through to the end of *Chakra*. Let's hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

You now have a lot of information about your chakras that you can put to good use. Pick some of the healing techniques to start working with your chakras. Opening them can bring about some amazing changes, and you will notice the difference almost immediately. Get started today.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!

Part 2: Kundalini

The Ultimate Guide to Awakening Your Chakras Through Kundalini Yoga and Meditation and to Experiencing Higher Consciousness, Clairvoyance, Astral Travel, Chakra Energy, and Psychic Visions


KUNDALINI
The Ultimate Guide to Awakening Your Chakras
Through Kundalini Yoga and Meditation and
to Experiencing Higher Consciousness, Clairvoyance,
Astral Travel, Chakra Energy, and Psychic Visions
KIMBERLY MOON

Introduction

You have just decided to take in an incredibly useful bit of information that has the capacity to change your life for the better! While it may still sound like a foreign language at this point, by downloading this book, kundalini awakening has become a future that lies within your grasp.

Thank you for choosing this book among all the others on this topic. There are plenty of books about the kundalini and its effects on the body, mind, and soul, but you chose this one, and for that, I'm grateful. Thank you.

In the following pages, expect to be guided by lists based on big kundalini ideas, such as awakening myths and dispelling them, benefits to the process of awakening, techniques to guide your approach, dangers and potential risks, most common mistakes, general steps to success, and then even more metaphysical connections in the final chapter.

In the first chapter, I'll lead you through the basics of the kundalini, such as what it is, how it relates to the chakras, what you can do with it, and some frequently asked questions. In the second chapter, we'll get into those bigger lists with benefits to awakening, myths about the process, and signs that you're awakening. Following that, the third chapter teaches awakening techniques and additional practices that can help.

In the fourth chapter, we'll troubleshoot your awakening with potential things, people, situations, etc., that could be holding you back, as well as the potential dangers and risks, and the biggest mistakes people have made (and how to avoid them). In the fifth and final chapter, I'll lead you through a so-called kundalini "master class," with details about chakra healing and alignment and a guide to reaching higher planes of consciousness, to astral projection and traveling, and to unlocking your psychic gifts.

While the kundalini and its awakening should not necessarily be focused on what you can *gain* (especially in material or psychic terms) from the process, it is still helpful to know all that you're getting yourself into and all that could potentially exist once the kundalini is awakened.

Chapter 1: Introduction to the Kundalini

Before we get into the details of kundalini and its awakening, we should first become familiar with our terms. You'll need to know exactly what kundalini is and why it's so important in order for the later chapters of this book to make sense. You'll need to learn the basics of your chakras also, to understand how kundalini awakening practices overlap with and influence chakra healing. As this chapter progresses, we'll start with the history of kundalini before getting into its applications for the chakras, for overall healing, and for your life in general. Buckle up for the ride.

The History of Kundalini

Around the time 3,000 BC, ancient Indians were beginning to speak and write about kundalini. “Little coiled one” is what it meant to them in their language, Sanskrit, but it meant a lot more than just the image of a little snake residing at the base of one’s spine. To these ancient Indians, kundalini was their connection to the sacred and divine energy of the universe and of creation itself. They called that source or creation energy prana, and prana-shakti (or shakti) was how it manifested in lifeforms like humans and animals on earth.

For humans, shakti lies at the base of the spine, infusing the body, mind, and soul of the individual with life and passion and verve. Kundalini is a vehicle for spreading shakti throughout the body, and when kundalini – that small coiled snake that sleeps at the base of all our spines – is awakened, it will make the individual a vessel for source energy in a myriad of ways. While this original practice and acknowledgment of kundalini was not attached to any religion or dogma in particular, it was attached to ancient Indian spiritual tradition and became linked with its gods and goddesses to a certain degree.

Kundalini didn’t just exist in ancient India, however, which is absolutely fascinating to me. With different names and different gods and goddesses attached to its understanding, kundalini also existed in ancient Egyptian civilizations. Have you ever wondered what the ankh symbol represents in Egyptian symbology and history? Essentially, it signifies the coming together of masculinity and femininity, the divine male and female energy, for the purpose of creation (or source recreation).

Egyptian rulers would then carry the ankh as a talisman of spirituality and alignment with source potential in their day-to-day rulings and other actions. In ancient Indian culture, too, kundalini was symbolized by the lingam-yoni, another combination of masculine and feminine energies in physical form. This similarity and more reveal that these two ancient cultures were on the same page about a force so intense and impactful.

Then, there is ancient China, where the concept of chi arises, bearing incredible resemblance to prana, shakti, and kundalini awakening in India. Once again, however, the wording is totally different from country to country – it’s what they’re talking *about* that’s so fascinatingly the same. For these ancient Chinese people, chi was essentially the life or source energy that exists within all of us, but not many of us are very in control of this energy.

Chi can affect the health and one’s physical energy level generally, but when

it’s aligned with sexuality, chi can do even more unbelievable things. Just as kundalini-oriented sexual practices focus on the reversal of orgasm energy (see Chapter 3 for more details) to the crown rather than out one’s base, ancient Chinese people knew that sending orgasm energy back to the brain could lengthen life, reverse the effects of aging, and more. This awareness of a central channel inside the body that directs energy from place to place also harkens kundalini from ancient Indian culture, too.

Kundalini arises again in world history with the onset of alchemy as a practice in the Middle Ages. Once more, with different names and terminology, kundalini came to the people through a practice in which the followers claimed they were learning it so they could turn base metals into gold. The real purpose was a little more complicated. These alchemists were really just working on spiritual awakening. And the story about turning base metals into gold? That was really more of a metaphor about the personality practice they were engaging in to find a more spiritual self-alignment.

Alchemy is a fascinating topic to explore for the more and more details you learn, the more and more it almost explicitly overlaps with kundalini appreciation in Indian tradition. In sum, the basic tools used in alchemy correlate to different ways one can unlock his or her central channel for the sake of self-betterment (enlightenment, awakening, psychic powers, and more), like what the ancient Chinese were referencing with orgasm reversal.

Aside from these other world examples, though, kundalini only retained the same name and the *exact same* details in its country of origin, and all the while in ancient India, kundalini awareness was also backed by the practice of yoga. Physical movement *and* meditation were equally important to get that small coiled snake to uncoil and get going.

When one Indian yogi, Yogi Bhajan, brought kundalini yoga to California in the United States in the 1960s, his practice focused on expanded consciousness *without* drugs and with some hearty and real spiritualism instead. Yogi Bhajan taught a method of yoga that focused on discipline and bodily awakening for the sake of the true self, and this action created a rapid-fire awareness of kundalini that continues to the present day.

What is “Kundalini” All About, Exactly?

Kundalini is, first of all, a metaphor for the energy flow in our bodies. The word means “little coiled one,” and it describes a snake that lies asleep at the base of our spine that’s somehow filled with godly and god-like energy. The serpent or snake sleeps there and waits to act as a vehicle for divinity in our bodies and lives. As awakening happens, the snake begins to wake up, uncoil, and move throughout our bodies like it’s swimming through a placid lake. Blockages in the body are then processed and dissolved. Irritations and personality quirks melt away. Emotional expression becomes easier and easier. With the energy of creation flowing through us, things become easier, and we become transcendent in a number of ways. So, on one hand, kundalini will always be about how divine energy can flow within our bodies with the right effort and practice.

Secondly, kundalini is a practice of being in the world that focuses on your soul’s awakening to truth. Kundalini awareness–whether boosted through meditation, physical exercise, yoga, music, art, forgiveness, conversations, big life events, or otherwise–helps you learn to hear and channel your own truth better. It can help you gain insight during times of need, it can help you feel less alone, it can help you find your direction in life, and so much more. All you have to do is get in touch with yourself through a variety of techniques and then open yourself to your own inner potential. Kundalini will do the rest.

Third, kundalini is an image that the ancient Indian people created to express what they felt about divinity. For them, kundalini was about the potential that rests within us. It was about the fact that we all have source energy–divinity–inside of us that can be awakened with the right combination of awareness, practice, focus, and effort. In every culture kundalini existed in, no matter what it was called, it was used as a way to connect with the gods of the time; it was always a way to unlock and harness psychic potential and learn from godly examples. Basically, kundalini was one way these ancient people found proof of their gods, but at the same time, kundalini also taught them that true “god” would never require a dogma in order to be appreciated and boosted in one’s life. For us today, kundalini is similar in that it teaches us our godly potential while denying the need for a cult of worship. Kundalini is simply there, and as it awakens, it demonstrates our connection with life, with the divine, and with the entire rest of humanity.

Finally, kundalini is about healing on all levels. Across time, kundalini awareness and awakening have been tied up with healing attempts. Ancient Chinese people, along with Medieval and Renaissance alchemists, were surely using their versions of “kundalini” to try to make themselves better. Ancient Egyptian rulers carried their ankhs to help solidify and strengthen their power, effectively “healing” their rulership capabilities. Ancient Indians, too, were working on healing themselves and one another through the kundalini’s central channel. No matter what culture the message surfaces from, it seems to be the same: with increased awareness of the energy systems in the body, we can learn to reverse maladaptive processes and instigate deeper, lasting healing.

Chakras & the Kundalini

One of the easiest ways to think of the kundalini is to think of it in terms of your chakras. The kundalini obviously deals with inner movement, healing and divinity, but it can be confusing to see how that all actually happens for you, your healing, and your body when it's not visible and only explained through the metaphor of a rising serpent. Let's take a step back and start from scratch with your understanding here, and I think you'll be able to work it out better in no time.

Imagine that there are seven energetic "centers" in your body, all aligned at different spots on your spine. At each of these centers, energy flows from one point onto the next, but sometimes, things get a little stuck. Some centers close up after you experience trauma or get in a fight, while other centers might start moving energy in the wrong direction, affecting the overall flow of this intricate system for the worst. Sometimes, just a bad day or a misplaced personality trait can get things working far from their best in those centers.

Now, imagine that these seven energetic centers are also connected with seven respective and important glands for your body that keep it (and you) running in ship-shape. These centers are essentially your chakras. The whole situation I've just described is real, and the worst can absolutely happen to you. Enter: kundalini awakening. When you come to a time in your life when you're ready to begin a spiritual awakening, those blockages and flow stoppers will be much bigger problems than you may have thought they were. You'll come to realize that they're embodied in your chakras, and it'll be up to you to dig out the poison.

Those seven energetic centers linked to glands are indeed called your chakras, and we can walk through them so that you have a better understanding as we move forward. Of those seven chakras or "energy wheels," each one associates with a different color, part of the body, energy of healing, and more.

First, we'll start with the root chakra. The root chakra is located on the base of the spine where kundalini and shakti rest. The root chakra is also called Muladhara, and it links with the color red, affecting areas of your life that deal with survival, security, safety, sexuality, and groundedness. Furthermore, this chakra relates to healing the reproductive organs, the legs, and the feet.

The second chakra is the sacral chakra, and it's located just a few inches

below your belly button. The sacral chakra is also called Svadhishthana, and it links with the color orange, affecting areas of your life that deal with creativity, originality, community, trust, pleasure, and movement. This chakra has the healing capacity for the intestines, the ovaries, and the body's detoxification system.

The third chakra is the solar plexus chakra, and it's located a few inches above the navel, around the diaphragm where the ribcage comes together in the lower chest. The solar plexus chakra is also called Manipura, and it links with the color yellow, affecting areas of our lives that deal with confidence, willpower, assertiveness, dominance, need for control, communicating one's truth, and feeling brave. Furthermore, this chakra heals ailments related to digestion, anxiety, self-worth, and the body's detoxification system.

The fourth chakra is the heart chakra, and it's located directly where you'd think it would be: at the heart. It's also called Anahata, and it links with the color green, affecting areas of your life that deal with love, compassion, joy, interpersonal warmth, selflessness, and family or partnership. In addition, this chakra heals ailments of the circulatory, respiratory, and skeletal systems.

The fifth chakra is the throat's chakra, and it lies in the throat, as you'd expect. It's also called Vishuddha, and its color is blue. It affects areas of your life that deal with communication, vocalization, truth, sharing, supporting, and purification. It can even heal ailments related to respiration, skeletal health, and ingestion.

The sixth chakra is the third eye chakra, and it rests in between one's brows. It's also called Ajna, and it links with the color indigo, affecting areas of your life that deal with insight, intuition, literal and metaphorical sight, guidance, perception of reality, manifestation, and overall mentality. Furthermore, this chakra contains healing capacity for one's vision, intellect, brain, skin, and hearing.

The seventh and final chakra contained within one's physical body is the crown chakra, and it rests at the tip of one's head. It's called Sahasrara, and its respective color is a loud and vibrant purple. This chakra affects one's psychic abilities, spirituality, connection with divinity, sense of purpose and mission, direction in life, and consciousness of the cosmic reality. This chakra also heals issues that relate to the brain, skin, and hair growth.

Now, with all seven of these chakras spinning in the right direction with no blockages whatsoever, your kundalini would be unable to help itself from rising into that state of bliss it perceives up above. Ultimately then, the goal,

as one gets ready for kundalini awakening, is to help clear, open, and align those chakras. With the greatest ease of motion achieved, kundalini will respond and demonstrate how well it knows what to do.

As you begin to work through blockages or energetic reversals of these chakras, you may find that those struggles look something like this. For the root chakra, blockages might look like low energy, general fear, constant fatigue, identity crisis, feeling disconnected from the world, eating disorders, general loss or inconsistent of appetite, overt materialism, trouble saving money, or constant health problems in general.

For the sacral chakra, blockages or reversals might look like lack of creativity, lack of inspiration, low or no motivation, low or no sexual appetite, feelings of unimportance, feelings of being unloved, feelings of being unaccepted, feelings of being the outcast, inability to care for oneself, or consistent and repeated relationship problems with one's intimate partners.

For the solar plexus chakra, blockages might look like identity crises or deficits, low self-esteem, low or no self-worth, digestive issues, food intolerances, poor willpower, constant tiredness, constant nausea, anxiety disorders, liver disorder or disease, frequent infections, lack of core strength, lack of overall strength, consistent depression with little release, feelings of being betrayed, feelings of being rejected, feelings of being replaced, or excessive energy.

For the heart chakra, reversals and blockages might look like the inability to love oneself or others, inability to put others first, inability to put *yourself* first, inability to get over a problematic ex, constantly holding onto grudges, trust issues, social anxiety or intense shyness, inability to express emotions in a healthy way, problems with commitment, constant procrastination, intense anxiety, or the inability to make or keep friends.

For the throat chakra, blockages might look like oversharing, inability to speak truthfully, inability to communicate with others, literal laryngitis, sore throats, breathing or airway restrictions, asthma, anemia, constant fatigue, inability to find the right words, paralyzing fear of being misunderstood, nervousness in public situations, occasional intense dizziness, verbal submissiveness, verbal dominance, or conflict avoidance.

For the third eye chakra, blockages or reversals might look like lack of direction in life, increasingly intense feelings of boredom or stagnancy, migraines, insomnia, eye or vision problems, depression, high blood pressure, inability to recall one's dreams, constant and jarring flashbacks, closed-

mindedness, paranoia, history of mental disorders, history of addiction, lack of feeling connected to the world and nature and others, cynicism, constant irritation, or uncontrollable acne breakouts.

For the crown chakra, blockages might look like feelings of greed, intense depression, need for dominance over others, self-destructive behaviors, history of addiction, generally destructive behaviors, dissociations from the physical plane, inability to make even the simplest decisions, constant fatigue, horrible migraines, hair loss, anemia, cognitive fog, poor mental function, lack of intellectual abilities, or feeling unworthy of divinity, god, or creation.

What to Do with Your Kundalini

Now that you know all these details about the chakras, you can start to understand what to do with your kundalini. Once these blockages and energetic reversals are corrected and worked through, you can use the kundalini to align and open the chakras even more than you could do consciously. You can bring kundalini to the game with no holding back and make sure things get opened up from the inside out.

Aside from chakras, however, you can use kundalini for so much more. "Using" kundalini feels so wrong to say, but you get the gist. There are things that can be strengthened by adding kundalini to the mix, and there are things that you'd never experience if it wasn't for your connection to shakti through that kundalini serpent. As you approach kundalini awakening, keep the following possibilities under consideration, for there are many potential goals in the awakening process, and it's up to you to decide what you think you can handle.

To start, you can simply become increasingly aware of your kundalini through meditation on shakti and prana. Even before you reach a stage where you're approaching awakening (or knee-deep in it), you can become aware of so much more in your body, in others, and in the world by meditating on the source energy and directing that insight toward kundalini. Your efforts, in this case, will help establish a base of potential for energetic work later on.

You can become more conscious of kundalini by using it to instigate your awakening or by letting it happen naturally. If you're interested in speeding up the process, consider any of the techniques listed in Chapter 3. If you're more interested in taking things naturally (and thereby, a bit more slowly), simply start meditating. Try to incorporate daily meditation practice into your life, or if you already do yoga, start adding a longer meditation segment to the end of your yoga practice when you do so. When you meditate, you can either work to silence your thoughts and connect with that calm, still space within, or you can meditate on kundalini itself and its potential in order to start doing that important kundalini work in the world.

You can apply kundalini to the work of developing your psychic abilities, which have always already been a part of you. One side effect of kundalini awakening is that you'll become more connected than ever to your psychic abilities, and yes, I used the plural "*abilities*" on purpose. You'll have to get used to thinking of psychic-ness as something natural instead of supernatural. It's not crazy to think of yourself as psychic, much less with psychic abilities.

In truth, humans are innately psychic creatures, and each of us has a variety of psychic gifts to unlock with time and patience. It won't be just one thing; it will be a combination of gifts that intertwine and add context or direction to your soul mission in life. How you choose to use those gifts is up to you, but if you're at the point of kundalini awakening when you receive them, you'll surely want to align your use of those gifts with your highest possible potential.

You can experience mystical connection and enlightenment through kundalini awakening, too. As you work through your chakras and get to the crown, you should be feeling a whole new connection with divinity. Your kundalini will then begin to move and churn through your energy centers, and things will change once again. You may find that you experience inexplicable bliss, personality trait shifts, connection with spirit guides and guardians, the release of old fears, and more as you get to this point with awakening, but your intellect won't be boggled or left behind; it'll be along for the ride. Remember that you don't have to intentionally *use* kundalini for this end for it will happen as a symptom of your awakening regardless.

You can even heal yourself and others with the power of shakti flowing freely through you. Whether you choose to use this power for yourself or others, too, that is up to you, but for now, know that you will become gifted with healing capacity as your kundalini awakening proceeds. Your body will begin to naturally heal itself, and even your cells will become replenished and repaired in ways you may never have imagined were possible. While the adjustment to kundalini awakening will be rough and there will be period(s) of detoxification, once you get into the process, you will find that you feel better than ever and ready to take on the world.

You can live more authentically. With your kundalini active and engaged, you'll feel more confident, brave, worthy, and inspired to act out your soul mission in the world, and you won't be able to handle the expression of inauthentic emotions (whether from yourself or others). As you align with awakening, godliness, and divinity, you additionally settle yourself in the camp of the genuine, the authentic, and the honest. You will want to support the people you love, and you will want to provide service to others you know really need it. You'll become more conscious of how the system around you works, so you'll be picky and cautious about where you spend your money. Overall, you'll be able to live a fuller, more hectic life, but it will also be so much more rewarding once you get there and allow the experiences to flow.

As a final point for now, you can also direct kundalini energy toward any goal, whether manifestation, healing, attraction, or otherwise. When it comes down to it, you'll be hard-pressed to find a single thing that can't be strengthened or adapted for the better with kundalini awakening behind it. You'll be able to harness your focus toward any means, any dream, and any goal. You'll be able to put plans in motion that have only been passing thoughts until now. You'll understand yourself and the world better than ever before, enabling you to act in it in ways that attract exactly what you want. Think of yourself as a powerful magnet, drawing to you whatever you need, and that's essentially what you can expect. Get ready for the adventure! Awakening is going to be a wild experience for us all.

Frequently Asked Questions

"Tl;dr" version coming your way! If you'd rather just skip to the basics, this section has it all packed into one place, but if you've ended up here because you still read books chapter by chapter sequentially, this section may be a bit of a recap, although it may still help to hone the information you've been taking in so far. Overall, you're in for some focused and purposeful information sharing before we move on to the juicier details of kundalini, awakening benefits, relevant awakening techniques, and more.

What is kundalini?

When it comes down to it, kundalini is a vessel for shakti–universal, cosmic, divine, godly, goddess energy–to flow in the human body. For some realms of study, kundalini actually *is* the goddess or goddess energy of the universe manifested in our bodies, for it is what inspires artistic creation and reproductive procreation in the human realm. Regardless, kundalini is the inward example of all that is too big for us to understand, and when it's activated, it can provide the most incredible experiences (and life in general) for the practitioner.

What is kundalini yoga?

Kundalini yoga is a practice brought to the United States (and the West in general) in the 1960s by a practitioner named Yogi Bhajan. He wanted to share with these drug-using, countercultural hippies of America how to really reach spiritual "highs." His version of enlightenment didn't require drugs, rock and roll, or travel. Yogi Bhajan's method was kundalini awakening as focused through yoga. Basically, the movement of the body through yoga helps to work out blockages and increase the flow of the kundalini, so this guided meditation preaches an ability to perform what all those kids using psychedelics were trying to do, but better.

How does kundalini yoga tie into kundalini awakening?

Kundalini yoga ties in directly to kundalini awakening. Awakening cannot truly take place without the practice of something physical to make sure that the body and mind are balanced, and kundalini yoga is the perfect tie-in to kundalini awakening in this sense. If you can find a local yoga studio that offers kundalini yoga, take them up on it! It is a wonderful guide into the experience of enlightenment.

What should I expect from my kundalini awakening?

For more details, you can check out Chapter 2 to see the different elements of what to expect and Chapter 4 for worst-case scenarios and ways to troubleshoot the experience. However, you can also find a general answer in the next few sentences. As you begin the process of kundalini awakening (i.e., meditation, yoga, introspection, self-and-world-analysis, and more), you will find yourself buzzing. You'll experience more synchronicities than ever before, and you may find yourself additionally guided to work through or process old wounds emotionally and physically. As you fully engage with awakening, there will be a detoxification period in which you're cranky, you smell, and the last thing you want to do is meditate. Work through it! Bust through this phase, and on the other side, you'll experience the symptoms of full-fledged kundalini activation and more. Expect health, excitement, connectivity to the universe and divinity, hope, less depression, healthier eating, guidance, synchronicities, and love coming to you from every corner of your life.

Is kundalini, shakti, prana, chi, qi, and reiki all talking about the same thing?

Essentially, yes. Kundalini is one expression of shakti, which is the same thing as prana, qi, chi, and reiki. These terms are all talking about the intrinsic, creative, source energy of the universe. The positive and negative, the dark and the light, the attraction and loss, the creation and destruction–the opposites of existence as we live and breathe them on a daily basis--are this source energy; we just live in the midst of it.

Will this experience be dramatic or subtle? Uncomfortable or easy? Painful or painless?

At the start of your kundalini process, depending on what chakra blockages, old wounds, and traumas you have to work through to reach an awakening vibration, things may be dramatic and painful. But if you remain determined and keep focus, you *will* work *through* those feelings and dramatic times to reach a peaceful and stable future space that's fully aligned with enlightenment. On the other hand, awakening *will* be uncomfortable, at times, *for everyone*. That's unavoidable, but being uncomfortable once in a while is a good thing! It keeps us on our toes, and it enables us to relearn our boundaries, for they do happen to change as we grow and heal. Kundalini awakening teaches us to learn from these so-called "negative experiences" of discomfort, drama, and pain so that we can see how they shape us and what

they ultimately teach us about ourselves and humanity as a whole.

What will I get out of it?

First of all, this type of thinking isn't necessarily aligned with the vibration of enlightenment or awakening. If you're coming at the opportunity skeptically yet looking immediately to get something out of the experience, I'm not even sure your thinking is aligned with *itself*. If you're skeptical, try it out and see what happens! What have you got to lose? If you're not skeptical but a believer looking for gains, try meditating on kundalini awakening as a potential for you and see if you're guided in any way. It could honestly be that kundalini awakening isn't right for you at this time, but if you truly believe it is, hear this and ponder away: you will get as much out of it as you put into it.

Do I need a guru/guardian/healer/teacher for this type of work?

Short answer: No, you do not. Longer answer: Anyone could benefit from a teacher, but you don't necessarily *need* one for this endeavor. Your own connection to yourself, your guides, and your kundalini can be all that you need to succeed in terms of awakening. There are also a plethora of websites to skim through when seeking advice, and Chapter 4 of this book also provides troubleshooting tactics for when you need some guidance. However, if you happen upon a teacher or guru, see where that relationship takes you! Never turn down such a gorgeous serendipity.

How do you awaken the kundalini?

There are a number of different techniques you can use to start things up and speed things along, and those methods can be found in Chapter 3, but until you get there, here's a brief guide. First, you begin meditating and practicing yoga (or other light physical exercise). Then, you might change your diet to be healthier or for higher vibration. Then, you might have a plethora of other changes that you want to make in your life as your daily routine becomes more complex and oriented toward health. Eventually, in meditation, you will feel clear and open, and the kundalini will begin to rise. This marks the beginning of awakening, and you will be set on your path.

What are the health benefits of kundalini awakening?

A number of health benefits can be found in Chapter 2, but for now, it will suffice to know that kundalini awakening can trigger a number of healing patterns. It can help repair cells and trigger autophagy. It can heal injuries (emotional and physical in nature), it increases mental health and emotional

stability, it can heal the immune system, it can help with respiratory function, it works for the heart, and it can do so much more.

If I'm practicing another religion, should I try to awaken myself in this way or is it too much?

Kundalini awakening will not interfere with your religious practice. You can easily overlap your faith onto the practice of awakening. If you need to, you can call shakti something else that aligns with your God. If you can't call it meditating, call it "thinking things out." If you can't call it yoga, call it "stretching." Adapt things as needed and allow them to mesh together. You can absolutely keep working on awakening no matter what truth you believe in.

Will kundalini awakening be in conflict with my other methods of searching for spiritual enlightenment?

I guess it depends on what other methods you're using! However, the answer for the most part is no. Kundalini awakening shouldn't be in conflict with your other methods; in fact, it should strengthen your overall search for enlightenment because kundalini awakening is so needless of dogma or religion to back it up. It can exist without faith, and it can be combined so easily with many other spiritual expressions. Surely, it will only bolster your other methods, and it will be fascinating to see how they all work together to help your divine truth.

Is forcing the kundalini awake a bad move?

Yes. You don't want to explicitly force the kundalini to do anything. Even instigating your awakening can be too much for some people, so I always, always recommend that people start slowly with the process to ensure that they don't hurt themselves (energetically, physically, emotionally, and/or mentally). Begin by just meditating daily for a week or so and adding in yoga and exercise when possible. Then, add in other tactics as you see fit, but incorporate them gently and slowly. Don't try everything at once! It might seem awesome to just be in the state of awakening right now, but you likely aren't emotionally ready to work through those chakra blockages yet, and if you force the movement of kundalini too harshly, you can do some lasting energetic damage to it, your chakras, and yourself as a whole.

Will this awakening get in the way of my work?

It's not likely that kundalini awakening will get in the way of your work, but when you're in those pre-activation stages where things are detoxifying, you

may want to be a little more patient with your co-workers or even take a mental health day when possible. It's not altogether necessary for you to take off from work, and it's probably energetically better for you to work *through* any hardships rather than avoid them, but it can also sometimes help. As a piece of advice for those working through tough emotional remnants at work, try grounding as much as possible. Breathe deeply and try to find a moment or two of peace to meditate. Ground yourself in your goals and your truth, then see if anything has changed.

Will this awakening get in the way of my family?

There's virtually no reason why your kundalini awakening should get in the way of family time. If you have a family and you're concerned about this question in particular, make sure that you schedule your meditations for times when you can be alone. Make sure that you take your family's needs into account as much as possible but be communicative about what you're going through so that they can be compassionate and understanding alongside you as you grow. If it's extended family you're worried about, just stick with your truth and stay grounded if they attempt to challenge you. If grounding fails, take that quintessential step back and take a deep breath. Put a pin in the idea and allow yourself to process it fully later when you can handle it better.

What happens if my kundalini starts awakening and stops?

This experience is more common than you may think, and I think it happens because people are doing one of two things. (1) They could be forcing the awakening in the first place, and their bodies were catching up with them. (2) They could also be coming to a point with awakening where they feel they know everything, and then kundalini slithers back down to rest because that arrogance does not leave any space for growth. If you had an awakening start and stop in the past, consider your actions. If you're ready to try again, keep in mind that past outcome and use it as a motivating teacher moving forward.

Does exercise help or hinder awakening of this type?

Exercise is a great boost to one's kundalini awakening, as long as you're not overdoing it! In fact, practicing an awakening without any sort of physical exercise means that the awakening would be completely unbalanced if it could even be achieved. Physical exercise helps the body process scars from trauma in ways our brains might not even be able to understand. Whether it's dance, running, lifting, core work, aerial arts, yoga, or anything else, just do it! Your body (and kundalini) will be thankful you did!

What will the awakening look like once it's finally achieved?

Awakening is never quite "fully achieved." It's more of an on-going process in and through the depths of spirituality and divinity as one's life progresses. However, the individual in the process of awakening will be and act a certain way in the world as he or she gets used to the potential involved in awakening. The individual will be kinder than normal to everyone, more interested in higher-vibration conversation and food, and more open to friendliness. He or she will likely meditate daily and hold a routine that provides physical and energetic release in many forms. The individual may even dabble with tantric sex with his or her partner. This person will somehow just know things and want to work in service of others or in a healing-related profession.

Will I have special abilities once my kundalini is awakened?

To make a long story short, yes, you will, however, it's not about these special abilities. Awakening is about a lifelong mission of connecting with divinity, and these abilities further the cause. Make sure that you have your eyes on the real prize when you ask questions like this. If you need a hard and fast answer, check out the final chapter of this book.

How long will this process take?

The process of awakening can take anywhere from a few weeks to several years. Everyone is different. Everyone comes at the experience at a different time in their lives, carrying different sets of pain from this lifetime, ancestral burdens, and chakra blockages because of them both. There is no right or wrong amount of time, and there is no one right answer, either. It will take as long as it takes, and no longer.

How do I know if I'm doing something wrong?

It's relatively hard to do something "wrong" other than completely forcing the process of awakening or kundalini rising. However, if you need to troubleshoot your experience, you can check out Chapter 4, and if you need some stronger advice, I have just what you need. Basically, you'll know if something's wrong for you because it won't feel right. The more you strengthen your intuition, the more you'll have a better sense of what's in alignment with your goals and what's harming your vibration. Furthermore, the more in touch you become with your guardians and spirit guides, the more you'll be able to use their support for advice for questions like this.

Other than meditation and yoga, what can I do to help the process

along?

I would honestly recommend just taking things as they come. Try to read as much as possible. Meditate daily and practice yoga. Add new techniques into the mix over time. Check out the next chapter for some details on how to do exactly that. As always, try to take a step back if you're consciously trying to rush things.

Does kundalini awakening help with ADHD and other disorders?

Absolutely. Sometimes, people with ADHD often suffer from chakra imbalances that don't correlate well. For instance, someone's mind is completely out of alignment with their heart or voice or solar plexus. For these people, standard medicine does not really help or cure the overall problem. Kundalini awakening won't either, but it will get to the root of those chakra issues and help to resolve certain things from that perspective. Energetic or mood disorders are often helped by kundalini awakening, although in varying degrees. If you find that you're working toward kundalini awakening and your mental chatter becomes unbearable no matter what you try, you may not be able to combine awakening and your disorder well at all. In that case, don't force yourself to continue. Try doing things another way, and if that still doesn't feel good, leave the kundalini awakening for someone else instead.

Chapter 2: Kundalini 101

Now that you understand some of the basic information about your kundalini, what it is, and how it works in your body, it’s time to get into the details. This chapter will go through 10 specific benefits to kundalini awakening, 10 myths about the kundalini and awakening, and 21 signs to notice and appreciate your own awakening as it takes place. Be prepared to be blown away.

10 Benefits to Awakening

As we go over these 10 benefits to kundalini awakening, it is important to keep in mind that these wonderful effects are surely impressive, but to focus on them as your only goals in awakening detracts from the full experience that's possible for you to have. Take in each benefit and be grateful for its potential, but don't get too caught up in the "me, me, me" mentality that is so closely connected with ego. Be grateful and glad for yourself and others that these changes are now possible for you, and then your approach will be aligned with your highest intention.

Increased intelligence and IQ capacity

As you begin your process of awakening, your mind will become clearer, and your mental capacities will become deepened and enriched in potential. You'll be able to multitask and organize better than ever, and you may even see that your IQ number literally rises as your kundalini starts moving within. As shakti energy flips and rolls through your chakras, it will reach your third eye and crown chakra, unlocking these mental capacities just as easily as it works on your heart and healing.

Greater sense of peace, bliss, and tranquility

One of the most commonly experienced benefits of kundalini awakening includes an increased sense of peace, bliss, tranquility, and trust in the universe that you're exactly where you should be. Chalk it up to the meditation or the yoga or even the being in nature, but it's also true that when your kundalini awakening begins and becomes sustained, you will be able to find a deep and lasting peace even in moments outside of nature or meditation. You will begin noticing how that peace exists in an inner space that you carry with you always and everywhere.

Greater sense of purpose and mission in this lifetime

As shakti flows through your body, bringing light, insight, and connectivity to your mind, heart, organs, soul, and more, you will begin finding greater experience of synchronicities in your life. Patterns will emerge, and you will begin noticing signs that point you in productive or enlightening directions. Even more, you will find that you're noticing what you're drawn to, what you've always been interested in, and how that can translate to you beginning to live out your purpose and soul mission in this lifetime. As your awakening progresses, you will be more and more confident of the direction and theme of your mission, and by the height of it, you will find that mission in motion.

Increased sense perceptions

Most people who undergo kundalini awakening at some point realize that their senses have been heightened. From smell to taste, hearing, touch, sight, and even the sixth psychic sense, the senses of the individual blossom and become honed like the edge of a knife's blade. You may find that one or two senses become heightened while the rest remain the same, and you may even find that some of your senses are dulled for a week or so while the others are heightened in their place. No matter how it happens for you, don't be alarmed or overwhelmed; you will either adjust or your senses will come to balance eventually!

Anti-aging capacity in the mind & body

Some of the benefits that come along with kundalini awakening involve physical anti-aging manifestations, such as feeling stronger and more attractive, actually having stronger and healthier skin and hair, experiencing increased autophagy, and experiencing a generally slowed-down aging process. For the mind, too, kundalini awakening keeps you young, spry, and able to handle anything. It can even slow down or reverse the effects of degenerative brain disorders.

Better connection to divinity, god, the goddess, the light, etc.

As you continue on with the process of kundalini awakening, even if you begin as a staunch atheist, you can still find yourself questioning yourself and those beliefs for the incredible and connective, spiritual experiences that are possible through kundalini awakening are hard to take in without beginning to believe in *something* bigger than yourself. For those who think their faith is the one true faith, they may find their certainty wavering and opened up into something new and different through their experiences of kundalini awakened, but I promise, it will hardly be an uncomfortable adjustment.

Increased capacity for sexual pleasure (gateway to tantric sex)

As the kundalini and shakti energy start flowing in your body without blockage, you may find that your capacity for sexual pleasure is totally altered. It might sound crazy and unconnected to the kundalini and its rising but remember what the kundalini rises *throug*h--your chakras--and that base chakra is all about sexuality, security, protection, and safety. Eventually, as that root chakra gets opened and cleansed and the kundalini starts to rise, you have the possibility to experience more intense orgasms, and your orgasms may even occur spontaneously, as one of the side-effects of awakening. You

will come to learn how to control and focus this orgasmic, creation energy, and part of that focus can be translated into a whole new world: tantric sex. Kundalini awakening and tantric sex go hand in hand, for the higher vibration awareness required for one is intimately connected with the other.

Increased psychic abilities

Along with those increased sense perceptions for your basic 5 senses, your sixth sense will get a kick in its pants, too. You stand the chance to experience psychic awakening on a number of levels as you advance through your kundalini awakening. Whether your gifts are numerous or singular, they will be life-altering. You may receive or unlock the ability to see visions, to see signs or future events, to know things before they happen, to move things without touching them, to attract things into your life, to see or hear others' thoughts and feelings, to heal others without touching them, to know what people need, and more. Moreover, remember that if you don't end up experiencing any psychic abilities or their increase, it could be because your higher self knows you're not ready to use them correctly or for the purest means. Reconsider your motivations and proceed with that insight in mind.

Greater sense of o0ne's manifestation capacity

The law of attraction is one of the 12 universal laws that define the nature of our physical reality. What we put out into the universe comes back to us. Even without kundalini awakening, all humans retain this capacity to alter their worlds and draw into their lives exactly what they may need. However, with the kundalini awakened or in the process of flowing, one's abilities to attract what one needs and to manifest one's goals and desires will become heightened. This will warrant an increased responsibility and sensibility on behalf of the individual in question, as the saying from *Spiderman* is true, "With great power comes great responsibility."

Physical relief from certain illnesses & diseases

Many individuals suffering from chronic illnesses or struggling through exhausting diseases will find relief from these woes during their process of kundalini awakening. Due to all the anti-aging and pain-relieving physical effects that kundalini awakening can afford, these people are clearly warranted to receive relief in this way. For those with cancer, life-threatening illnesses, aut0-immune disorders, and more, it could be that the process of kundalini awakening will give you that boost of relief that you've been craving.

10 Myths about Kundalini & Its Awakening

There are a lot of myths floating around about what kundalini is, how it gets awakened, and what its awakening can look like. There are especially a lot of negative myths, but kundalini awakening is a practice that's existed for millennia, and its approach can exist in multiple different incarnations. It can mean a bad experience for someone who approaches his or her awakening with impure goals in mind, but it still means such a positive experience for so many others that it's helpful to tease out what's fact and what's fiction before moving forward unknowingly, with inaccurate assumptions. While it's certainly true that no one way to awakening is the *right* way, this section will surely help you to spot out some of the veins of thinking about kundalini that are not worth your concern.

Kundalini awakening is dangerous, and the energy released is frightening.

Kundalini awakening is far from dangerous. For those who don't understand the process, it may seem bizarre that some people have outbursts during meditation or experience muscle spasms or spontaneous crying. It may seem unhealthy that people are changing their diet to something radically different than they've eaten their entire lives. It may seem shocking to some that people are establishing better connections to the divine. However it may seem, kundalini awakening is safe and productive, and the energy released is far from frightening; it's healthy, natural, and enlightened.

Kundalini awakening is tied to one specific religion (or it's a cult).

While "kundalini" comes from the Sanskrit and takes its linguistic origin from ancient India, there is no specific religion attached to kundalini awakening. When the process of kundalini awakening was started by Yogi Bhajan and his practice of kundalini yoga, even that practice of yoga was a more secular appreciation of divinity and one's connection to the powers of the universe and of creation itself. Kundalini does not connect with any cult or religious dogma. It's simply something that exists within you in relation to source energy, and it can be awakened if you like, hence the purpose of this text.

You will have to wear a headpiece constantly once your kundalini is awakened.

Some believe that your awakened state makes you more sensitive, warranting the covering of one's head to protect the crown and third eye chakras, the

aura, and the brain. Whether the headpiece is a turban, a scarf, a bandana, or otherwise, these individuals think you just need some sort of covering. However, there is no evidence that this headpiece and its use in covering the head actually help in protecting one's energetic state. Kundalini and shakti energy will not be able to escape through the top of your skull and seep out your scalp, so there really is no point for concern on this issue.

Kundalini awakening all goes back to sex.

While kundalini awakening obviously has correlations with sex, sexual health, and sexual awakening, it absolutely does not have to deal with such themes. Sometimes, kundalini awakening will enable one to heal from traumas caused by these themes and actions in one's life, and the farthest thing from this individual's mind will be to incorporate sex again as quickly as possible. Thankfully, kundalini awakening would never rush or force something like that. As with all types of healing, sex can be incorporated when and if you're ready, and not before that point.

Your relationship with your friends and your family will suffer after you're awakened.

While you may develop different interests from your family, causing you to want to spend your time differently than they do, your connections with these people never have to suffer because of your awakening process. In fact, your patience with them and understanding of them should only increase, aiding your relationship. If you find yourself having less and less time or patience for these people, you might need to reconsider what role you want them to play in your life or what role you actually want to play in theirs. In your case, it could be that kundalini is reminding you that family is more than just blood, and you don't have to settle for those who traumatize and abuse you. Essentially, your relationship will only suffer when your higher self is ready for it to be over.

Kundalini awakening is all about breathing and meditation; it's not physical at all.

Kundalini awakening was originally tied explicitly to the practice of kundalini yoga. In those times, it was always already connected between physical and spiritual, movement and breath, and yoga and meditation. Therefore, even today, kundalini awakening should not be just *one* of these extremes. It should never be *just* yoga or *just* meditation. It should never be *just* nature walks or meditations outdoors. Kundalini awakening should

always incorporate both so that the mind, body, and soul–all three parts of the individual–can be awakened together, leaving no part behind and leaving nothing forgotten.

You can only experience kundalini awakening if you're led by a guru.

This myth was propagated by the creator of kundalini yoga, Yogi Bhajan, and it makes sense why he would establish it. In his time, no one was practicing kundalini awakening on a wide scale. People didn't have immediate information from the spread of the internet either. It was the 1960s, and people actually needed a guide so that they didn't feel crazy or get something big wrong. These days, this earnest and productive sentiment on Yogi Bhajan's behalf has much less use for us. With the onset of the internet and the abilities we have to teach one another from this information, you can comfortably teach yourself to meditate and guide yourself through kundalini awakening with hardly so much as a word of input from another person.

Only certain people can have this awakening happen because it's so difficult.

For starters, it's a misconception to think that kundalini awakening is a difficult endeavor. It's not actually hard at all; it's just that kundalini awakening requires steadfastness, commitment, determination, and focus. These traits are simply harder for some to come by than others, but even if they're not naturally in your wheelhouse, kundalini awakening will help you adapt and incorporate them into your practice so that things become easier by the breath. Now, to the overall myth: *anyone*–I repeat, *anyone*–can experience kundalini awakening. It's not that it's difficult, and it's not only for *certain* people. Anyone can handle the awakening, and it just depends on whether or not you're ready and able to withstand the entire experience. If you're having trouble, don't think that it won't work for you. Instead, look to your wounds, your traumas, and your scars. Consider going to a therapist at least once and then attempt the awakening again. It may be that you need to work something else out in a big way before you can work upwards, so to speak.

The only way to awaken your kundalini is to have reiki done for you.

While it may seem that reiki and kundalini awakening are explicitly tied to one another, they absolutely are not. You can awaken your kundalini without having anything to do with reiki. You can do reiki for years without ever doing a kundalini awakening, too. It's more so that kundalini awakening and

reiki healing overlap *well* than that they *need* to be used together. If you're having a lot of trouble with your awakening, you might try having reiki done in order to tell where your chakras' blockages are and how problematic those flow issues are for your goals. However, there's no need to combine these practices at all, and you can *absolutely* awaken your kundalini without having reiki done to/for you.

You'll get superhuman powers with Kundalini Awakening.

No, kundalini awakening won't turn you into a super hero. It won't make you superhuman, either. If you consider psychic gifts and developments superhuman abilities, though, you might want to reconsider your phrasing. It is true that kundalini awakening can unlock your psychic gifts. However, psychic abilities aren't as extraordinary for humans to possess as we might imagine. Originally, humans had as many senses as we have chakras (which is actually 22), but we became blind, deaf, and dumb, so to speak, after a fall from grace. Now, we hardly even have enough senses as we have chakras *in* the body (7). The original 22 senses were all "psychic" and any ability one has to reconnect with the 17 lost senses is an extraordinarily natural ability, indeed.

21 Signs of Kundalini Awakening

As you begin the process of kundalini awakening, it will be immensely helpful to be aware that many things will happen to you, some of them wild, but what's happening to you does not mean that you're crazy. In fact, it likely means that you're exactly in line with where you should be in the process. In this section, you'll be introduced to over 20 signs or "symptoms" of your ongoing awakening.

They're sure to test your ability to take your ego and pride out of your practice and focus on what good you can share with the world instead (because what you're in for is truly, undeniably incredible).

Feelings of lightning bolts in the body

You can tell you're well on your way to full-fledged awakening when you start feeling tingling sensations ranging from vibrations to lightning bolts in your body. It's a strange experience, but it won't last forever, and I promise you, it's a good sign.

Waves of hot and cold flashes

As you're on your way to kundalini awakening, you may experience extreme hot and cold flashes, reminiscent of a woman going through menopause. These flashes won't be isolated to any one area of the body. You may be able to find a pattern in their waves, but they could also be totally random.

Spontaneous emotional release during meditation

Whether it's anger, crying, laughter, sadness, joy, or otherwise, any strange and strong emotions that arise during meditation are sure-fire signs that your awakening is well underway. The rising kundalini is helping you process emotional blockages to your system with this effort.

Making animal sounds or gestures during meditation

Similarly, you may find that you experience intense moments of what can only be described as "animal expression" in meditation. Again, your kundalini is working on helping you process and clear energetic blockages, and that work is often best done through animal spirits and expressions.

Hands, limbs, and feet tend to go numb and tingle

As the kundalini and shakti energy of awakening start to rewire how things are working in your heart chakra, your physical heart may be occasionally affected. Don't be worried if you experience your hands, limbs, or feet falling asleep more than usual. It's absolutely normal for your "condition."

Increased desire to visit ancient & sacred places

If you experience more and more powerful strong urges to go travel the world and see those famous ancient, sacred sites, don't question those drives! They're undoubtedly connected to your process of awakening, and you should follow up on them as much as you are able.

Frequent sensory overload (at the beginning)

If you've been working with kundalini and shakti energy for a while and you're not sure you're seeing effects, look to your senses. Have you been overwhelmed or overloaded easily recently? Have you been more sensitive than normal? Chances are that these emotional side effects are related to your senses and are therefore inspired by your awakening.

Spontaneous waves of bliss or even pleasure

It could be that kundalini awakening has the reputation of being all about sex because of this symptom or sign of the process. It is true that some people can experience spontaneous waves of ecstasy or tranquil bliss. It doesn't happen often, but some people can also spontaneously orgasm, based on how their chakra blockages are being cleared and how the serpent is moving. It's incredible, but it's definitely a sign of awakening!

Periods of extremely heightened creativity

Especially as you start to work through blockages of the sacral chakra, you'll begin to have extremely creative periods, and these moments are absolutely proof of awakening. Even if those periods don't last very long or aren't sustained over time, they'll allow you to make creative works that help boost your awakening endurance overall.

Mouth fills up with water during meditation

You may find that your mouth keeps filling up with water during your practice of meditation. Don't go to the doctor wondering what's wrong with your body! It's just a side effect of the kundalini's movement through your system, and it's absolutely a good sign.

Spontaneous singing of old songs (you haven't heard) or practicing of ancient yogic techniques (you've never even tried)

Part of what happens during kundalini awakening is that one finds connections to his or her past lives, and sometimes, one will find that old techniques of the trade for awakening will surface for him or her in meditation that this person could never have known beforehand.

Feeling intense headaches during meditation that resolve themselves easily

If you do experience intense headaches during meditation, try not to take pain relief medicine for them! Try to ride out the meditation, and if the headache resolves itself at the end, then it's for sure that you're working out third eye or crown chakra blockages and your kundalini awakening is almost fully in effect.

Receiving visions of skeletons or ancestors during meditation

Some of the more spoken-about side effects or signs of awakening include the ability to see the dead, one's ancestors, or skeletons. Some people make their entire focus during awakening to have this ability, but it should not be so. If you experience these visions, simply know you're on the right path and do not be afraid. The ways you can use this ability will be revealed to you in time. For now, stay grounded and don't let yourself get too scared or excited.

Frequent mood swings in day-to-day life

You may find that you're more sensitive than normal, especially emotionally. If your mood swings are more extreme and intense than you're used to, take it easy on others and yourself. It's all a part of awakening, and it will definitely resolve itself in time.

Hearing sounds (like music) that no one else hears

As your past life and ancestral memories become unlocked, you might find yourself tapping into sound memories that no one else can perceive. As you receive messages about yoga, meditation, and spirituality through meditation, these tones may accompany the knowledge, but it's all just a part of ascension. Don't go running to the doctor or your therapist quite yet and don't be afraid.

Receiving spontaneous waves of wisdom, insight, or knowledge

The more and more aligned your chakras become and the more freely this energy serpent moves, the more synchronicities you'll receive in daily life and the more often you'll experience these beautiful little moments of intense clarity and insight. These epiphanies will happen with increasing frequency through your awakening.

Seeing visions from the past

You may find yourself going on deep and convincingly-real walks through memory lane during awakening, and you may also receive literal visions into

your past lives, those selves, and their behaviors. Don't be alarmed. Your kundalini is guiding you through the information you need to receive to reach full awakening.

Feelings of deep and unshakeable purity

As you shed toxicity and layers of "dirt" from your chakras, you'll find that you feel increasingly "pure" and connected to all aspects of divinity. It may sound strange to you now, but divine "purity" is not something to scoff at– it's a state of mind that's blissful, trusting, faithful, and absolutely growth-oriented.

Diseases start to become healed

While it's true that some signs of awakening include the lessening of physical symptoms of disease and illness, it can also be the case that one's diseases and illnesses begin to become literally healed in this process.

Personality quirks are lessened and smoothed out

Many people end up working out personality kinks when their kundalinis are awakened. Surely, when it comes to the chakras, blockages can manifest as problematic or negative personality traits, so when that awakening process starts up and becomes fully activated, the personality will become like a canvas or like clay that is ready to be painted on or sculpted to the will of divinity.

Increased artistic inspiration from nature & others

Especially if you're an artist who's gone through a dry spell in terms of creative motivation for a long while, it will be a clear sign of awakening when you find more and more inspiration from the natural and day-to-day. It doesn't even have to be explicitly from nature, for during the process of awakening, it could be that general interpersonal interactions or the movement of cars or public transportation are enough to inspire you now.

Chapter 3: Kundalini Awakening

This chapter is dedicated to those readers who are ready to work directly on kundalini awakening. In the subsequent pages, you will find 29 techniques to help your kundalini awakening along, and the chapter ends with 6 additional methods that you can try to boost your experience. Whether you've felt kundalini awakening before or you just learned about it for the first time through this book, the tips included in this chapter are guaranteed to provide substance, depth, and insight into your experiences as you proceed.

29 Awakening Techniques

Ranging from meditation techniques to interpersonal tips and simple world navigation tactics, the options provided in this section will help you move past simple knowledge of kundalini and awakening to the place where knowledge can be put into practice. Gather your yoga mat, your incense, and your mind, for things are about to get amplified.

Apply kundalini yoga to your practice

The more that you're able to do so, adding physical layers to your meditative practice will be incredibly beneficial. Kundalini yoga is the best place to start, especially if you're working on kundalini *awakening* in particular, rather than just awareness or chakra balancing. Kundalini yoga will help you work through those chakra blockages and get the kundalini going while boosting your meditative practice within the dimension of the moving human body. You'll be surprised how well it all works together once you start amplifying your practice with yoga.

Use visualization techniques to increase shakti movement

Visualization is almost essential to use as a means of increasing shakti movement throughout your body in the form of your kundalini. The ancient Indians were on the right page when they gave relatable names to these cosmic wells of energy within us. They understood how powerful metaphor and imagery can be when it comes to the workings of the inner body (and one's subtle energy). For example, as a reminder, "kundalini" means little coiled one–the snake of universe or source energy (shakti) that exists at the base of our spine. We are meant to imagine this snake being charmed and winding its way through our chakras. We are meant to visualize this and many more things. The more visualization you can incorporate into your practice, the better.

Use guided meditation techniques to increase shakti movement

A lot of people need help detaching from the distractions of the mind and the world before they can focus enough to visualize these intricate inner movements. In this cases, I always recommend guided meditation. There are so many ways to help raise your kundalini based on the techniques people share on online meditation forums and even on sites like YouTube. Audio books of guided meditations could also provide the guidance you'll need to be able to shut off that conscious brain and simply, meditatively focus on the shakti–that pure and potent source energy that wants to move within you.

Seek out these guided meditations for kundalini awakening, and you'll be so grateful you did.

Try pulling the kundalini up from your crown

This technique, in terms of an awakening booster, is a little more detail-oriented than some others. It comes to the *way* you visualize the kundalini moving from that spinal source within you to the tip of your crown and back down. Essentially, you'll want to try shifting your focus. If you've been imagining things (as most of us will innately do) as if the serpent has been rising up from your base–with that root chakra as your energetic center from which it leaves and to which it eventually returns–switch things up in an impactful yet subtle way. Imagine your crown chakra as your energetic center and see the kundalini being pulled up through your body, as if drawn by a magnet that rests at the top of your head. Then, once the kundalini rises to this crown point, imagine that you pull the "magnet" away and let the serpent "fall" down back to its opposite end before returning with the magnet replaced. Remember that you are a spiritual being having a human experience, as many have said elsewhere. Your crown chakra holds your purest potential, and shakti energy responds well to that once you reclaim it as your energetic "source."

Change your mindset

There are a few unintentional roadblocks that tend to come up for many kundalini practitioners. Mainly, you'll want to perform a couple of checks to ensure that your mindset is as aligned with kundalini awakening as possible. Reject as many sources of negativity in your life as you can. If you can't get rid of them, try to face them and call them out, or you could just out-right ignore them. On a personal level, too, you can work to change negativity into its opposite extreme of expression when it comes to your personality traits, your routines, habits, and more. Furthermore, the less attachment you have to material things and patterns, the more open you become to the changes awakening has in store for you. Overall, therefore, reject (and possibly counteract) negativity and attachment, and you will surely flourish. (As a general note, if this method doesn't work for you, don't force yourself to attempt it, especially if it creates toxic effects for you. In that case, you may have a blockage of third eye or crown chakra that needs to be worked through before full awakening can be achieved.)

Play the observer

Do you often find yourself as the center of attention, in more than just a team-sport-member or theatre-troupe-member way? Do you generally crave that type of support and public awareness? Now comes the trickier part. When you *are* the center of attention, do you notice things better or worse? Do you take in the whole picture or do you get tunnel vision for only what you're doing (and perhaps what the viewer takes in)? I'd be willing to venture a guess that you *aren't* fully aware of what's going on, particularly in your surroundings, at times when you fill that public position. Maybe a little more time spent playing the observer instead would help you. For people who resonate with the message behind this point, try to be a little more subtle in public settings. See who rises up instead and then just listen to what they have to say. Interrupt your needs and urges in this way, and your kundalini will realize what a powerful energetic shift you're instigating, responding to its own way in kind.

Find a teacher, supporter, guru, or mentor

If you are ready to do so and are able, begin to approach the idea of meeting and partnering up with a teacher. Whether you consider them a strong and smart supporter, a mentor, a patron, a teacher, a guru, or otherwise, simply begin to consider the possibility of a person like this entering your life. As you continue practicing meditation, yoga, and the rest of your kundalini rising techniques, you'll likely find that your vibration attracts exactly that which you desire. Now, this attraction effort will involve a bit of action on your part to keep the vibration going, but the actions involved are easier than they sound. Essentially, it's this: if you get any hunches in this process, follow them. If you think you ought to talk to this new person in particular, trust yourself and go for it. If you want to try eating at a different restaurant, go there and be open to what happens. You can find your teacher in the places you'd least expect; just remain open for experiences, conversations, encounters, and situations that will change your world. Sometimes, just living out that openness is action enough.

Use chanting & kirtan

Some more traditional elements of kundalini awakening involve the combination of mind and body through chanting and singing. This mind-body alignment is not only already incredibly productive for shakti energy's flow through your system, but also, this combination, in particular, with its focus being expressed through vocalization, will really help those practitioners

struggling with throat chakra blockages. Spontaneous chanting is a symptom or sign of kundalini awakening, too, so maybe a bit of practicing will help you get there. To start, try chanting your mantra or your vision of either exactly what you want to happen with your kundalini awakening or your detailed "happy place." If you follow a religious devotion, you could try a prayer to your god or goddess. If you don't mind which religion you follow and you simply want to get involved with some sort of active divinity, seek out a local kirtan. Kirtan is a gathering where songs of Sanskrit prayer are sung about many different gods and goddesses. Interestingly enough, "kirtan" means basically "narrating or telling," while "bhajan," the name of the yogi who brought kundalini yoga to the West, means "sharing" in a similar context as "kirtan," with particular emphasis through song. I'm sure this is not completely coincidence.

Do things that make you truly happy

Think back to the time when you were a kid. Put yourself in that mental and emotional space. What did you do for fun? What did you like to daydream about? Go back to memories before puberty. What unrealistic and absolutely fantastical goals did you have? What did you think you'd want to be, and can you remember why you felt that way? Put yourself in that space. Remember what you did to feel truly happy. Now, think of today. Is there any equivalent to that *thing* that made you so happy from your past that lingers today? Do you still strive to live out those goals and to be happy those same ways? Or have you given up on those feelings for any number of reasons? Now's the time to think a little. Even if you don't have those dreams anymore, think of what they meant to you. Think of what they could have really meant in terms of your bigger picture. For instance, one child's unrealistic goals of being a tree climber for a future career could transform into her future needs to be outside often. The goal in this case is to align your life with those innocent and unrealistic dreams, however it is humanly possible for you to do so. Connect with that deep and lasting childlike happiness, and your kundalini will surely respond.

Practice saying "yes"

Especially for those who have trouble going with the flow, this practice of saying "yes" as often as possible may actually jolt their kundalinis into action! If you relate to the previous statement, it's likely because you do attempt to hold too tightly to control in your life, so you'll need a little help

going with the flow. The most kundalini-applicable reason that this could be the case is that your solar plexus chakra is blocked, imbalanced, or spinning in the wrong direction. To those readers that need to hear this, say “yes” more often; you deserve it! Give yourself a break and go with the experiences and possibilities that present themselves *to you*, rather than the ones you cling to or pull desperately your way. Get *loose*! Say “yes,” and go with the flow. Kundalini will know what to do.

Practice saying “no”

Similar to the last point but decidedly different, some people are too easygoing and can’t help but get caught up in the flow. In these cases, the individual might feel like their greatest fears revolve around not being able to say “no” when it really matters. Therefore, the technique for individuals who relate to this message would be to practice saying “no” anytime you’d normally be “pushed over,” for the sake of the phrase’s appropriateness. If people like to turn responsibilities over to you, say “no” as if you aren’t going to lose anything. Turn down dates to have nights in. Turn down hangouts to give some self-love instead. Every time you say “no,” though, remember that you’re doing this to regain strength and boost your soul. Don’t let that solar plexus chakra remain imbalanced; say “no” and that blockage will start to disappear.

Use music therapy

A more physician-approved technique for psychological and soulful awakening of any kind would be music therapy, but I don’t mean that you have to book a doctor’s appointment today. I simply mean that you can find music that supports your goals and listen to it as much as possible. Look for artists who support your causes and check out their music. Look for songs that talk about what you want to manifest in your life. Look for tunes that remind you of being a kid. You can direct your search in a multitude of ways, and you can even find full albums of kundalini awakening meditation music on YouTube. If you’re not into the words and tunes of others, you can create your own songs to process anything you might be going through (that could also be blocking your chakras) to take possession of this music therapy experience and give it your full bodily endorsement. Use music however you need to, and if you have any spontaneous hot or cold flashes, emotional outbursts, or laughing bursts, you’ll know you’re on the right path.

Use sound therapy

Similarly, you could try using just one tone at a time to guide your meditation if the busy-ness of music gets distracting because of how sensitive you are. Some of us can't handle music when we're meditating; it's too distracting to start off with. Some of us can't handle words of any kind happening when we're meditating either. Of course, some people don't have these struggles, but others cannot escape them. Even people who don't necessarily *need* to simplify found more sound therapy can work incredible wonders. As I was saying at the start of this point, you can try using just one tone at a time to boost your meditation or yoga. You can chant words at the pitch of the chakra you're working on, or you could just say "ohm" again and again at the same pitch. You could even take your voice out of it and play one note repeated, whether through YouTube, a musical instrument, or otherwise. See what these tones do for you, for it might be just the trick.

Use art therapy

Instead of using music or sound, maybe art is your thing! You could always try going to a few local art museums and just wander around to see what triggers something in you. Or you could pull up some art on your phone or your laptop to see what helps you feel inspired again. Differently, you could also get back into creating your own art. I know you have it in you, no matter how deeply you've buried it! In addition, just because people say it's "art" doesn't mean what you make has to be good by their standards! Just create something. You'll be so glad you did, and even if you're not glad and you end up hating it, even in the act of destroying what you've made, you might find some inner satisfaction that triggers our slithery spirit friend, the kundalini.

Use color therapy

Do you remember what color really is? Do you remember being taught in science class when you were young about how color is just different wavelengths of light being bounced off things and perceived by our limited human eyes? Do you remember all that? If not, take it in because I can almost guarantee you've never thought about what all this really means. Certain colors will then have wavelengths and vibrations that heal things within us, sometimes even without us knowing. Each chakra has a color, and the wearing of that color is supposed to help cleanse or open that chakra, but did you ever think of the other implications? Sure, colors associate with chakras, but they also can just affect us in terms of healing that we may not be able to

perceive. Colors have healing capacity that's so subtle and so intrinsic to our daily lives that we hardly even notice. Getting back in touch with subtle energy and color healing will undoubtedly help you connect with your kundalini and instigate its rise.

Spend less time on screens

It may sound basic and unnecessary, but you still need to hear it: the less time you spend on technology, the better. Especially as you begin opening up and experiencing kundalini awakening, you will become very sensitive, even more so than you normally are. It's like a vicious cycle because that sensitivity has dire implications for your awakening goals, too. You might become triggered into lower states of being by the news or social media feeds. You might be distracted too much from your higher purpose by scrolling on social media all day. You might be too jam-packed with the vibrations of your technological devices that you can't find your own in the haze. The basic gist is this: the less technology you rely on, the more your vibration is yours and the clearer your focus will be. With less screen time, the more you're clean.

Change up your social media feed

I know it's hard to fully detach from social media. It's really, really hard for some in comparison with others, and it's particularly true for those individuals that I provide this recommendation to. Instead of cutting out social media completely, I challenge you to complete these steps. First, choose just one form of social media that you can use to get a bit of everything you might need (i.e., spiritual information, family contact, friend contact, self-expression, community boost, business boost, etc.) and cut out all the others. Second, on this social media, cut down your posts drastically each week. Third, change up your social media feed by cleaning up your friend's list, the hashtags you follow, and the pages you like. Remember that you can attract spiritual information through social media, too; you just have to work for it. With these three actions taking place, you've made some powerful steps in the right direction, and if things don't drastically change for you *within* after two weeks, I'll be extremely surprised.

Trust in the universe, in felicity, and in synchronicity

It's going to be hard at first, especially if you've never practiced this type of radical trust before, but you're going to have to put some faith in the workings of the world around you. You can do a lot for yourself for the sake

of healing and growth, and others can teach you a lot as well, but the world and what's bigger can teach you more than you can ever imagine. Look up the term "felicity." Then look up the term "synchronicity." Now, look up "serendipity." Start looking for these experiences in your life, and they'll surely appear. Furthermore, start keeping a journal of the synchronicities you experience, and I almost guarantee that you'll be making concrete life changes and trusting in the universe in no time. Every sign is a lesson and every interaction, everything you see, can be a sign. Open your eyes and relearn how to trust, and kundalini will know what to do.

Pay closer attention to your breathing

As you begin meditating and eventually come to incorporate it into your daily practice, you'll start noticing your breathing more than ever. You'll notice when you hold it unintentionally, when you hyperventilate or are triggered, when you are invited to breathe calmly, when you have the greatest smelling capacity, and more. With this breathing awareness, your kundalini can't help but respond. What you can do to help along the process is to try to meditate daily, and when you do meditate, breathe deep into your belly. Furthermore, if you can visualize at all, try to visualize that each breath strokes the back of a small serpent that's sleeping in the pit of your stomach. Imagine that the breath meets the serpent as if you were petting a cat that curled up in the window. With this increasingly close attention on your breathing, your health will improve, and you will only become more and more aligned with awakening.

Pay closer attention to your posture

If you envision the path the kundalini serpent will follow, you can see that (if you're standing or sitting up straight) it goes up from the root chakra to the sacral, solar plexus, heart, throat, third eye, and then finally the crown before going back down and repeating its flow as it can. Now, envision what happens to the flow when you hunch over and curl into the fetal position. The line from chakra to chakra becomes a curve almost like a semi-circle. In this case, the serpent's path is less predictable and more difficult overall. You can help the kundalini, in this case, by watching your posture as much as possible. Try to sit up and stand up straight whenever possible. Don't crunch your solar plexus chakra and don't tuck in your root chakra if you can help it! Moreover, if you have trouble with straight posture, think of what chakras could be blocked and limiting you. Think of what traumas could be standing

in your way. Regardless of what you learn, your posture can teach you a lot on your path to kundalini awakening.

Try tapping into the "chakra channel"

In your daily meditation, try this technique specifically. You can boost the technique with visualization, but you don't have to, for it can be just as effective if you just imagine what's happening, remember your goals, and let your body do the rest. Essentially, you'll close your eyes with the meditation and begin to focus your energy into the root chakra. Breathe into your belly and sense that root chakra until you can feel a vibration there. Then, begin to chant your mantra or simply chant "ohm" over and over again. With each repetition, feel the vibration of the next higher chakra as the root energy moves into the sacral, the solar plexus, the heart, the throat, the third eye, and finally the crown. Once you reach the crown, the whole chakra channel inside you should be vibrating with energy, and your kundalini will surely see this open and cleared space as if it was a potential playground to explore.

Practice seeing proof of divinity in everything

Instead of closing yourself off, getting angry at everything, or shutting down when you get upset, try to reshape the way you look at the world. You can try to remind yourself that even when things get intense, it's just a moment when divinity decided to test you, providing an experience for you to get stronger if you tap into it correctly and adequately. You can easily see the good times as proof of divinity, and positive signs are the same. Bad times and negative times, though, are harder, and that's the real challenge. With practice, you'll be able to see the proof of divinity in every experience, challenge, advantage, situation, and exchange, and I hope it will bring you both glee and lasting inspiration. I know, at least, it will do that much for your kundalini (as long as your feelings and connections with divinity aren't forced just to get to awakening).

Connect with your spirit guides

Whether your spirit guides are real people, living or dead, who were sainted or who invented incredible things, or your spirit guides are your ancestors or other literal spirits, you can try getting in touch with them (spiritually or literally) for help in relation to your kundalini awakening. Asking for help is never something to be ashamed of, especially when it comes to something as complex and life-altering as kundalini awakening. Reach out to your guides for advice. Let them know the situation you're in and what you're hoping for.

Let them know what you're working through and what you're working on. If you don't know who your spirit guides are yet, it's time to do a little research and begin connecting. Think of the religion you associate with most and look at the "saints" of that religion. Think of the ancient religion you love and its myths and gods or goddesses. Do some research into the world of spirituality to see if your guides will arise, and *when* they do, you'll know whom you should direct these important advice-based questions to.

Use healing crystals

While you're working through subtle and physical energy blockages and flows, subtle and physical helpers can make the transition into awakening all the easier. Take crystals, for example. These earth minerals, whether raw or polished, each contain a vibration and life essence. When you hold these vibrations around you (especially if you're lacking those vibrations in particular), they can impart healing capacities to you through direct contact with the stone. Hold a healing crystal in your hand, and you may find yourself with increased capacity for patience, love, devotion, trust, or otherwise. For kundalini awakening, too, this crystal healing potential is great. Crystals of different colors connect to the chakras, and some crystals even have the unique ability to align and cleanse all 7 chakras at once. If you're in need of a booster for your process, I absolutely recommend going the route of crystal healing. It's easy, it's fun, and it can have effects almost instantly.

Practice random acts of kindness or paying it forward

To get your vibration in line with something kundalini can work with, you can try paying it forward as selflessly as possible. Practice random acts of kindness and pay it forward whenever you're able to. See what's returned and what hasn't. See what comes back around even after you send it out. By working with this spirit of compassion and sending energy out into the world like a boomerang just waiting for it to return in some fashion, kundalini (and the shakti that gives it life) will take notice. Soon enough, these practices may become second nature, or they could even manifest material rewards for you closer and closer to the moment of your initial action. Start by sending out whatever generosity and selflessness you can into the universe and then wait to see what returns. If all that returns is insight and knowledge, be sure to feel thankful for that! It didn't have to be anything at all. Working these practices may be difficult as you attempt to live without attachments and harsh

expectations, but it will only be difficult if it poses a lesson you *need* to learn.

Meditate to open, cleanse & align the chakras first

It may sound simple, but you can always just start off your day with a chakra meditation to open, cleanse, and align everything as you're able to yourself. Especially, if you're well-practiced with meditation and you're comfortable clearing your chakras, this technique may boost you exponentially. From now on, try to start your day with a shower and a chakra cleanse. As the water hits you, visualize that blockages flow out of each chakra, down to your feet, and out into the water down the drain. Visualize your inner peace and wholeness after this cleansing is complete and imagine that your chakras have become better aligned with each time you shower. By starting the day in this way, kundalini will have better motion for the rest of your waking time, and your awakening will be affected drastically.

Practice active patience & forgiveness

Sometimes, what holds us back from awakening is the grudge we cling to the fiercest. While it can be true that holding a grudge can remind some people of their power and their potential to determine their reality, grudges (more often than not) are spiritually toxic. They most often correlate to blockages of the heart chakra, and they can be corrected through active and radical expressions of love, patience, and forgiveness. Next time you butt up against your grudges or their related individuals, try to be the better person. Don't just think of things that way, though, and really *live* that "better person" life without the judgment of being actually "better" or thinking that you are. Reject grudge. Reject anger, jealousy, fear, frustration, and irritation. As you can, just express love, forgiveness, and acceptance despite their harshness, and by rolling with those punches, you will emotionally and spiritually grow.

Practice tantric sex with your partner

While kundalini awakening is not all about sex, some sexual practices are incredibly useful for boosting your kundalini's rise and increasing your shakti. Tantric sex, in particular, is one of the healthiest and most productive sexual practices linked with kundalini awakening. During tantric sex with your partner, you both will try different positions together and engage in mostly the same actions as you normally would, however, the goal of orgasm will be a little different. Tantric sex is about holding sexual positions and holding or redirecting orgasm, pushing endurance to its limits, to use very Western terms about it. You'll enter and hold these positions, building up

energy between you two and sending that energy up into your chakras rather than out into each other, so to speak. Your kundalini is directly involved when actions of this type occur, so its awakening may likely be very closely related to this ancient sexual practice.

Try orgasming differently

If you experience frequent orgasm but don't yet understand or wish to practice tantric sex, you can try focusing your orgasm into a different part of your body in order to instigate awakening. As with the couple practicing tantric sex and coming to orgasm, you'll try to focus your orgasmic energy upwards, through your chakras successively to your crown, rather than down and out through your base. This creative energy is always lost from your body during orgasm when you push that energy down out the root chakra, but if you keep some of that energy for yourself by redirecting it upwards, you will invite the serpent to move with you.

6 Other Practices That Can Help

In addition to those 29 kundalini-boosters, 6 or so more intensive practices can be added to your daily routine to your benefit. Ranging from physical exercise to dietary change and other modes of subtle energy healing, the methods in this section are gateways to apply to your awakening for strengthening, deepening, and intensifying the experience as it stands. Now it all depends on what you feel comfortable with and what you're willing to draw into your life.

Start running

One thing you can do is start running if you're physically able to. Running is great for your lungs, your heart, your bones, your posture, and more. Spiritually, running can connect you with the potential you have to free yourself from restriction (to a certain degree) and to create your own reality. When you're in the practice of running, and things really feel good, you have the sense that you are free to go anywhere your feet can carry you. This feeling evokes pure joy for me, and it helps me resolve feelings of being trapped in the system in other ways. For others, too, running can provide those feelings they're desperately craving while increasing their bodies' strengths and potentials. Through the practice of running, you should focus your attention on becoming strong, gaining endurance, and increasing the alignment of your body. If you find that you struggle with any of these three points despite your shift into running, you may want to eliminate it from your routine. The goal here is to promote overall health, and if you're adding undue stress to your days, it's not really worth it in the long run. Instead of running, these individuals are invited to try bicycling, trail walking, road walking, roller blading, or any other, less-intensive method of getting outside and getting physical.

Change your diet

It can be the case that your diet keeps you from following through with awakening. What vibration do the foods that you're eating contain? Have you ever thought to look? Sure, you've thought of calories, fats, carbs, and proteins, but have you thought of the food's actual vibration? If you're trying to awaken the source of subtle yet universal energy inside you, you're going to need some vibrationally powerful food. If you're running into struggles with awakening that either aren't being resolved or that feel like they're leading nowhere, try switching up your diet. Trade out the processed foods

for whole foods. Trade out the meats for fruits and vegetables. Once you start eating better foods and drinking better things, your cells will replenish themselves with the nutrients from these healthier substances, which will lead to a better and healthier overall expression of you! It might sound far-fetched, but food has energy just like crystals and herbs do, even more so. When you eat that food, you take on its energy, and if you eat death constantly, you will have a stagnant vibration. Raise your vibration through your food, and kundalini will be riding those shakti, world-shattering waves to awakening right along with you.

Spend time with nature & meditate there

Don't forget the importance of going outside as you begin this life-changing practice! There will be times when you feel low as you shed what doesn't serve you. There will be times when you feel so full of energy that you could burst. There will be times when you feel like you've been walking in circles with blinders on and just now realizing what's been going on. Kundalini awakening is a strange and bewildering time and having a solid routine for grounding can be immensely helpful. Throughout your process, never forget the value of going into nature. Nature is an endless reserve of subtle physical healing energies. It's also a wealth of signs that can help you communicate with your guides, your higher self, and your intuition. The physical environment is alive beneath our feet, and it can teach us more about ourselves (and our potential as humans) than we might like to face, but its lessons are so, so, endlessly necessary to hear and to learn. No matter what season it is for you or where you happen to live (city or otherwise), get outside! Dress appropriately and go out to take in the season! Meditate in nature whenever possible and let the visual symbolism of these beautiful spaces guide you and your kundalini through any difficult work ahead.

Live a life of service or try volunteering

Are you really living from the heart? Or are you living from the head or the gut? Are you maybe living from your groin instead? As you work through your chakras' blockages into kundalini awakening, you will be forced to find yourself many, many times. You will see how your self-expression has been (and has not been) aligned with your overall growth, and you will begin to notice the patterns in your behaviors and personality traits. Eventually, you may even be made to face your inadequacies in terms of love, self-expression, self-control, creativity, survival, spirituality, psychic-ness, and

more. The most intense inadequacy to face, however (especially for those involved with kundalini awakening), is the inability to love purely and selflessly. For those struggling with this heart chakra blockage, “faking it until you make it” likely won’t work. You’ll need a physical anchor for this love to connect with; otherwise, it will never feel genuine for you. In that case, you might try volunteering or switching your job momentarily to work in service of others. By putting yourself in a work-place situation of service, you will be tested, and your abilities to love others selflessly will be strengthened with each breath you take. It could be that your experiences are wholly positive, but it very well may not. Take heart, however, for those harsh experiences are the greatest teachers of all. In time, you will notice how your heart is like a flower that blossoms with every new interaction. You’ll know your kundalini’s awakening when what used to cause you the most bitter irritation now evokes nothing but love.

Boost your practice with other subtle energy-healing techniques

While kundalini awakening clearly connects you with realms of subtle energy in your life, it can also be greatly boosted by the presence of other subtle energy-healing modalities aside from just using healing crystals or being around physical nature. Moreover, of course, once you come to know more and more about subtle energy-healing modalities, you can begin to pair them and combine them generally as you see fit. The point is this: as you work through what helps you and what doesn’t, you’ll realize that your intuition (aka, your connection to your higher self and more) is stronger and more helpful than almost anything else; you will draw to you the healing that you need, even if it just looks like massage or a plant or a teeny pill that dissolves under your tongue. In that case, your practice of kundalini awakening (or any awakening or ascension, generally) should always be boosted by the application of other subtle energetic modalities, as you see fit. A few options are as follows.

First, you could try using **flower essences** as a modality of subtle energy healing that supports your kundalini awakening. Flower essences work based on the extracted vibration of one type of flower at a time. Basically, you take (or buy the product created by) a few buds of a particular flower and put them in a clear bowl of water. Then, you set the bowl in the sunshine for 12 hours, either at once or over time, as the sun wills. After that point, you remove the flower buds and bottle the water with a drop or two of brandy as a preservative in each bottle. Voila, you’ve got flower essences! Now, the fun

begins. Just as each person, each color, and each crystal has its own vibration, so does each flower. When the essence of the flower is "extracted," to a certain degree, in the flower essence, you can then orally take the remedy (of a few drops of its liquid a few times a day) and work to cure certain ailments that are attached to one's aura or subtle energetic expression. Flower essences can dissolve chakra blockages, too, without you even realizing that's what they're doing. Look up flower essences, for I promise, you'll be fully amazed with the potential.

Second, you could seek out **reiki healing** in order to remove your chakras' blockages and help the kundalini along. Reiki healing is a traditional Japanese method of energy work that eliminates obstruction and blockage inside the individual (emotionally, spiritually, intellectually, or otherwise) through the applied insight and potential power of the practitioner. While reiki healing is often paired with massage, it doesn't have to be, for it's really just about the potential for the practitioner to dissolve energy blockages within the individual from afar, through the application of the right energetic methods. Reiki healers don't even necessarily *have to* be next to you to heal you through their methods. By connecting their own kundalini to shakti, to their spirit guides, and to the earth, these individuals can receive guidance that blasts open your chakras from states away, paving the way for the serpent to flow within you. Just be sure you know what you're getting yourself into before your first session!

Third, you could generally receive **massages** that aid in blockage release. With or without the addition of reiki, massages are still an incredible thing. They feel amazing (especially when performed by someone you trust), but they do more than just make your skin and muscles feel good. Massages can also help you become more aware of any blockages you might have (i.e., through where it feels okay to be touched and where it doesn't, through the places the masseuse tends to linger on, through the pains you didn't realize you had, and more) as you work through that chakra opening and clearing process, making way for kundalini. If you're not comfortable with massage, try just getting a manicure or a pedicure (Even if you're a guy! Just be brave, schedule the appointment, and own it!). The manicurist or pedicurist will absolutely massage your hands or feet, respectively, and that smaller, focused massage will, through reflexology, affect your overall bodily awareness (and potential for kundalini awakening), too. In fact, any reflexology, acupuncture, or acupressure would be equally helpful to this extent.

Fourth, you could still seek out **therapy** if you're comfortable doing so. While it doesn't help all people, talking things out can still be immensely helpful for some. Therapy doesn't have to be completely about talk, either. Remember from earlier in this chapter that therapy can be based around art, color, sound, and music, too! If you think that you need to work through something in a bigger way than just your insides can handle, don't be ashamed. Turning to therapy may potentially save your life. It might be daunting to know where to start or how to make the first move. Try art or music therapy first if you can. If you can't afford a personal doctor, create your own therapies. Do whatever you need to in order to get the toxicity out and somehow neutralized, and if that means that you go to a "shrink" and talk things over, go for it. Kundalini (and your higher self) will be thankful you did.

Fifth, you could try using **essential oils** or **herbal healing** to get things in gear. These suggestions are correlated through their reliance on the vibrational essences of plants and herbs. Through essential oils, the vibration is extracted and contained in oil vehicles, while the herbs could also be made into "flower" essences. Through herbal healing, as a whole, however, herbs are simply appreciated for the subtle energies they contain and the healing they can impart. Essential oils can vary in rarity and availability, but herbs themselves can sometimes be extracted from your own backyard. If you're in a rush these days, however, you can always buy online. Make sure that you're buying essential oils that are perfectly in line with your goals, but you can also make things purposefully ritualistic and low-tech. If you'd rather try the in-person, low-tech method, go out in nature yourself and forage for plants with a guidebook. If you're drawn to a plant without knowing what it is, look it up and take notes. You may find that your guides (or your intuition) have been leading you to the ideal cure for so long without you even knowing it. Whether you use the essential oil, the bought plant, or the foraged herb, kundalini will be grateful and respond in kind.

Sixth, you could try decalcifying your pineal gland and reprogramming your energy through **sun gazing**. Sun gazing requires you to be present for sunrise and sunset each day. The gist is this: you stand barefoot in the rays of the sun as it rises and sets, looking toward the sun, soaking in its life-giving energy, and learning to feel full of its potential. Then, you tie this practice in with intermittent or spontaneous fasting to get the whole experience of feeling connected to the earth in completely new ways. Sun gazing supposedly has

anti-aging, anti-hunger, and anti-illness benefits that are almost unmatched by modern medicine, and you'd better believe that sun gazing will affect kundalini's movement, too. Wake up with the sun and breathe in its rays deeply. If you don't feel kundalini stir up some shakti after just a week, I'll be completely flabbergasted.

Seventh and finally, you could try **homeopathic remedies** to work through what's *causing* those chakra blockages within you in the first place. While modern medicine and pharmaceutical cures operate off of allopathic healing (things different from the problem cure the problem) principles, subtle energy cures lead us to investigate the older practice of homeopathy (like cures like) instead. Homeopathy sometimes gets a bad reputation but is much more worth one's effort than you might imagine. Homeopathic remedies are constructed from the vibrational essences of plants, minerals, and animals to the point of mitigating the debilitating circumstances or illnesses. Instead of assuming, like modern medicine does, that you can only heal something by administering a cure devised separately, homeopathy assumes that poisons (in very small doses) can actually *heal* greater ailments. It's worth writing a whole book on the subject, but for now, it will suffice to say that you should look into homeopathy if you're intrigued by this point. It could be that the trigger for your kundalini awakening is a teeny homeopathy pill you'll let dissolve under your tongue, and the greatest thing is that if you take a homeopathic cure that your body *doesn't* actually need, it won't do anything to you at all. Essentially, these wonderful subtle energetic remedies only work if you need them. What are you waiting for? You'll never know how well these remedies can work until you do the research and try them for yourself!

Take a dance class

Along the lines of the first point in this section, you might try taking a dance class instead of taking up running. This decision would be much easier on your knees, your lungs, and your muscles overall, but it could still be just as worthwhile, if not more so. It just depends on your experience, your chakras, and your goals with kundalini awakening. Overall, dance classes allow for physical exercise aligned with your mental and meditative goals, but also provide an outlet for creative expression that is likely not present for those who just choose to run or work out or attend kundalini yoga classes. Therefore, attending dance class would work incredibly well for people working through lower chakra blockages (especially blockages in the sacral

region). By connecting with music, rhythm, movement, passion, ecstasy, bliss, and inspiration, people who choose the dance class method will find release in the sacral and root chakras regardless. Some people need this specific release more than others. If you're stuck with your root, sacral, or solar plexus chakras, don't turn right toward running to be your exercise mode of release (that's better for crown, third eye, and throat chakra blocked people, anyways). Instead, join a dance studio and take a weekly class! Whether it's shamanic dance, modern dance, hip hop, ballet, or otherwise, just getting your body moving will inspire the kundalini, and every rhythmically-planned step you take will only serve to align your life more with your greatest, most creative potential.

Chapter 4: Troubleshooting Your Awakening

While there are many positive signs and things that can go oh-so right with kundalini awakening, it also happens to be the case that, sometimes, it doesn't work out like you'd think. Sometimes, it doesn't seem like it's even working out at all. In those times, this chapter is here to help. We'll troubleshoot three different themes that could be affecting your process. First, we'll consider what might be holding you back. Second, we'll look at the potential dangers and risks that might be interfering with your process. Third and finally, we'll examine the most common mistakes people make in their awakening process, along with how you can expertly avoid them. By the end of this chapter, you should have found your personal slip-up, and you should be able to work at correcting it in no time.

12 Things That Could Be Holding You Back

There are so many things that could be paralyzing you on your journey. From emotional struggles to physical ones or from going too fast to too slow, there are various ways to accidentally get in your own way, but this section will help you at least open your eyes and realize what you can do to help.

Physical challenges

The simple truth of the matter is that sometimes our bodies aren't ready for kundalini awakening quite yet. In some cases, it's due to an auto-immune disorder. Sometimes, it's caused by a lack of ability in a certain part of the body. Sometimes, still, it's caused by the inability to practice meditation due to extensive daily anxiety. Regardless of the physical challenges that are getting in your way, you are not a failure. You will come to a point in your healing when you will be able to handle kundalini awakening on top of everything else, but right now might not be that moment, and that's okay. Rushing one's kundalini awakening can be detrimental sometimes, and it's always best to just take it at a pace that feels natural and non-stressful for your experience and needs.

Experiencing things with too much intensity or too quickly

Sometimes, the chakras aren't that blocked, and they're relatively easy to open, cleanse, and align. For people that have this experience, the kundalini awakening process may happen much faster than it would for the standard, highly-blocked individual. If this is the case for you, you'll likely have an incredibly intense experience right from the beginning, and it could even become *too* intense because of the speed of transition. If you're not rushing things and they're still advancing intensely and quicker than anticipated, try to meditate every other day. Try to take a step back in your process and allow it to become calmer, rescaled to anticipate what you can handle. You may also benefit immensely from having a guide or guru. Some people do not do well with these types of relationships in healing and awakening, but because you're so highly sensitive, a teacher or mentor–even just a listening supporter–may be just the thing.

Diet doesn't support awakening

It may sound far-fetched to some (and I'd be willing to bet this "some" group of people is comprised mostly of meat-eaters), but sometimes, your diet will get in the way of your awakening. Saying that doesn't mean you need to go right ahead and cut out meat or dairy or gluten or sugar. It more so means that

you may be able to aid your awakening process if you make a few slight adjustments. You can start by eating less processed food and more fruits and vegetables. If that's hard for you to do to start off, try beginning by eating one less meal with meat each week. Simply start small and see how you feel; see how your body reacts. If a positive response is evoked, make additional changes in accordance.

You're focusing on the wrong body part

Some issues with kundalini awakening are rooted in the individual's abilities to focus, and these issues are easily adjusted with a switch of where one's attention goes when he or she meditates. For example, especially if you focus your energy into your head (or into your third eye) when you close your eyes to meditate (which most people do), you've found your problem right there. To instigate kundalini awakening, you need to *start off* by focusing your energy into your heart, belly, and gut. The kundalini needs a healthy environment to rise into, and if you're sending all that healthy attention to your third eye, you've skipped way beyond that gut space that the kundalini meets first. Think of how the kundalini will move and prepare your body accordingly. In essence, during your meditations, breathe deep into your stomach for a while and see what changes for you.

Your mentality ignores the body or vice versa

Based on where kundalini awakening came from–in the modern day, with Yogi Bhajan and his practice of kundalini yoga–it makes sense that your practice of awakening can't just be mental in order to succeed. It has to be balanced with physical efforts, as you're able to complete them. The connection with yoga is important here, for that practice can do a lot to aid in your kundalini's awakening. Mainly, kundalini yoga especially helps cleanse blockages in one's chakras through movement and body-focused breathing. In the same vein, one cannot instigate full kundalini awakening through just the practice of yoga. There has to be a balance between mind-based and body-based approaches in your overall attempt. Otherwise, you will continue on in this state of internal imbalance.

Poor or unsupportive mood

To a certain degree, kundalini awakening can help readjust mood and emotional imbalances, but one has to get to that point first. It could be that those heightened mood and emotional imbalances are what's keeping you from any clear direction in your hopes of awakening. Check your mindset!

Check your most common moods! If there's any way you can begin to adjust those mindsets and moods, you're sure to see some difference in your kundalini practice in no time. It may sound complicated, pushy, or difficult now, but if you can somehow rise above any draining moods and emotions, you'll see your kundalini rise in kind.

Overwhelming urges for control

It is true that the purest kundalini awakenings happen with absolutely no effort on behalf of the individual, but not all awakenings can happen like that. However, there are many distractions blocking the divine that are basically everywhere these days. Ultimately, there should be no ego-based *forcing*, *pushing*, or *controlling* involved in one's awakening. But this whole book still helps its reader through techniques and tips to aid in his or her self-guided awakening, so it really just comes down to finding a balance. If you're struggling with the process, try to establish a better balance between self-guidance and trying to do too much too quickly, then see what happens.

Past trauma or PTSD is too strong of a blockage

Sometimes, the traumas we bore witness to in the past (or that we're currently surviving) create blockages for us that become so entrenched and so ubiquitously spread throughout our chakras that we become unable to guide ourselves through our own awakenings. That's not a good or bad thing; it's simply a fact of life. If you feel that this sentiment applies to you, don't be put off from kundalini awakening, for there is incredible and life-altering hope for you. It just means that you might have to work through your traumas separately first. Based on what you've experienced, it may be supportive to talk to someone about that experience, whether it's a friend, partner, guardian (on this plane or another), or therapist. Use art therapy or music therapy if you'd rather not interact with another person, you'd rather not share your trauma with someone else, or you feel that you have no one else to share it with. Get that yuck out somehow! Try to be creative or communicative about it, and your kundalini will start rising in no time.

Unwillingness to face one's true nature

Awakening can be a tricky process at times. It's not always just positive signs and good feelings and happiness. Sometimes, you'll be made to face your flaws, and the task will be this: change them or suffer no further kundalini movement. It's a tough situation, but it definitely means that some people falter in the process of awakening because of these self-based reality checks.

Furthermore, as the kundalini rises initially through the throat, third eye, and crown chakras (before it starts free-flowing through all the open chakras), the individual will realize more and more how filled with divinity he or she is. For some, this awareness is frightening or too much to handle. Some are simply unwilling to embrace this potential. To off-set from this situation if you find you're being held back similarly, what you can do is to practice radical openness and acceptance of yourself, divinity, and others.

No community of support

If you've ever heard someone say that kundalini awakening will take your friends and family from you, you've probably just interacted with someone who tried to talk about his or her awakening with those closest to him or her, but the community couldn't or wouldn't support those efforts. This dismissal of awakening doesn't always happen, and even if it does happen to you in regard to your close friends or family, don't let yourself get too down in the mouth quite yet! There are a few things you can do in this case. (1) Leave kundalini awakening out of it where these people are involved because (2) as you continue on your awakening journey, your powers of attraction will be stronger than ever. With the right combination of hope and focus, you'll surely draw to you the right community of support in no time. (3) You can also keep trying with those friends and family, just with different tactics the next time. (4) You could even dismiss the idea of a supportive community entirely and build one yourself with information. There are a plethora of apps you can download that will help boost your awakening with supportive tips and advice, and for some people, this information switch is enough to make up for what people around them lack.

No teacher or guide

While some people will be self-guided in their awakenings with no issue, others do work much better toward that experience with a teacher or at least a mentor helping and guiding their paths. If you feel lost and are desperately seeking a teacher, my first recommendation is to seek out a yoga studio that teaches kundalini yoga. Strike up a conversation with the teacher there and see what blossoms from there. Alternatively, you could seek out kundalini chatrooms online, or if you prefer things in person, you could go to your local metaphysical store and ask around about meditation mentors. You never have to struggle alone. Let kundalini guide your confidence to enable you to draw in the people whose help you'll need for growth.

Environments don’t support awakening

Whether it’s your home environment, your work environment, your economic environment, your natural environment, or otherwise, it is true that some spaces do not align with one’s striving toward awakening. Sometimes, people talk trash, which can affect your flow. Sometimes, people might laugh at you for what you’re passionate about. Other times, you might be surrounded with pollutants that keep, for example, your pineal gland calcified without your knowing. Trust your intuition here. If it feels like an unsafe place to meditate or do your yoga practice, try to find another space. If it feels like your well-being and sanity is threatened by being who you are and doing what you want to do, seek shelter elsewhere for this venture until you’re strong enough to fight that vibe. You don’t have to force this process, and you certainly don’t have to do it where you’re unable to feel safe.

10 Dangers & Risks Associated with Awakening

While “danger” is a strong word to describe it, truly, there are some dangers associated with awakening, particularly in terms of going for more than you can handle. This section will explicitly list 10 risks so that you can check whether you’re approaching things in a way that’s more dangerous than necessary. If you relate to any of these 10 points, you will definitely have to change your approach if you ever hope to see true and lasting success with kundalini awakening. However, some of these “dangers” are just symptoms that might scare you when you experience them, and the point is just to work *through* them. I’ll note when this case is true for a particular sentiment.

Overburdening or overwhelming the soul

There’s always the risk of spiritually overexerting yourself. Any time one forces or tries to kick-start kundalini awakening, this risk is very present. Especially, if you’re not in touch with your higher self or spirit guides, you may have an extremely hard time realizing where your chakras are blocked and how exactly to clear them. Furthermore, you may not realize until too late if you’re overwhelming the kundalini and awakening process as a whole, forcing your soul to handle more than what it’s ready for. The best tactic is to just take things as they come without trying to do too much at once.

Doing things too much and too quickly

There’s equal risk for those who try to do too much and too quickly. This tactic almost certainly causes imbalance later, as the forced and quickened kundalini is made to rampage through your system’s vibration and somewhat ignore blockages in the chakras it passes through. This action, on the whole, damages one’s kundalini and creates addition states of disease in one’s chakras, so please take me seriously here. Be careful not to do too much too quickly so that you won’t have even more stuff to work through later on when you’re ready to try again.

Your body can’t keep up with the mind

Sometimes, you won’t really know you’re doing too much and too quickly because it’s all happening on the inside. In these cases, it’s likely that your body can’t keep up with the speed that your mind can handle. Like the point just above, this issue can mean future chakra imbalances and damages to your aura and kundalini, so the best thing to do in response is to make sure that your practice applies a combination of body-based and mind-based practices. Meditating and chanting is one thing, but it can’t be just this expression

without yoga and even running or cycling, too. Align your body with your mind, and you will not have this issue.

Lack of groundedness due to spiritual "highs"

As you work through and into the depths of your awakening, you may find yourself spiritually "high" at times, and you will be much less grounded in your earthen body whenever this comes to pass. This "danger" is more like a symptom, as mentioned in the introduction paragraph to this section. Most people will experience this groundlessness through the excitement of the kundalini awakening. Your higher chakras will be opened wide, and you will stand the chance to be distracted by what you can perceive now. Whenever you're feeling like this–dreamy, distracted, floaty, almost cloud-like–start breathing deeply. Make one hand into a fist at your navel and imagine that you can drop a cord from this spot in your body straight down into the earth. As this cord drops and connects with nature, feel grounded and affirmed with your human body. This visualization should ease such "high" symptoms whenever they come up.

Jerkiness & muscle spasms

As with the point directly above, jerkiness and muscle spasms are symptoms of kundalini awakening that many (if not all) will experience in their processes. It only becomes coded as a "risk" or "danger" because the individual might not think that these actions are connected to his or her awakening and get scared for his or her own well-being. If ever you do have these spasms or involuntary jerks, breathe deeply and try to feel at ease. These are natural "growing pains" associated with awakening, and they will pass. Eventually, you won't have them at all anymore, but for now, breathe deeply and accept them. They're a good sign, believe it or not.

Finding yourself alone in the "dark night of the soul"

Another symptom of awakening is the experience of the "dark night of the soul." This period of time will come to pass for any involved in kundalini awakening, and it's not necessarily a fun time, which is why it's coded as a "danger" or "risk." Essentially, the "dark night of the soul" is when you feel like you've hit you're lowest low. It's the moment after you face all the flaws in yourself and realize you can only move upwards, which is a daunting responsibility. You may lose someone close to you, like a mentor, friend, or loved one. You may find yourself feeling directionless or questioning everything you thought you knew was true and real and good. If you find

yourself feeling these things, you haven't failed at awakening yourself; know that to the depths of your core. You have not failed; you're right on track. For those who know someone very emotionally sensitive who's trying kundalini awakening, keep close tabs on that person. The emotionally sensitive among us stand great risk when going through these periods alone. If they're too directionless and dejected, it can mean their lives, but we can always protect against that. We are stronger as a community together, and each of us will make it through this dark night with that backing strength.

Trouble adjusting to new worldview

When you go into awakening, you may not realize all that has to change. Your relationship with popular culture, music, news, media, medicine, and more will absolutely and undoubtedly change. A symptom of these adjustments that sometimes poses as a "risk" or "danger" is that people can have trouble coming to terms with the new worldview. If you relate to this message, try not to fight what you're learning. Practice open and radical acceptance and remember that you would not be shown these things if it wasn't necessary for your soul and your kundalini awakening. Trust in the universe and believe profoundly that the world is still beautiful without what you thought you knew.

Reworking & resolving trauma (potentially alone)

One symptom that gets coded as a "risk" or "danger" is that anyone who's experienced any level of trauma will be guided to work through those wounds and scars when they begin with their kundalini's awakening. So many traumas find their root in one's base chakra, and the kundalini rests there, right at the base of the spine, behind the genitals and reproductive organs. When it starts to rise, it will force the individual to process those blockages and resolve them, which can mean a lot of intimidating (or even triggering) work. Try not to isolate yourself during this process. You don't have to feel alone when you're working on such intense resolutions, but the key may be in becoming brave enough to ask for help.

Ignoring one's transformative responsibility with drugs

It may seem absolutely reasonable to combine, say, psychedelic drugs with kundalini awakening. If it's within your means, you might even be drawn to an ayahuasca ceremony or excessive marijuana smoking. Think about it, though. The kundalini is working to move through all your chakras in their most clear expression, with no blockages and no numbness. Surely, it's

possible that drugs can open your mind, but don't forget that sometimes that openness comes at the closing of something else. Your third eye might open, for example, but your solar plexus chakra will absolutely shut down for a moment or even a few days. Keep things on the inside on an even keel by using drugs as little as you possibly can during your kundalini's awakening. If you find yourself unable to stop, it could be that addiction is what stands in your way more than anything else.

Developing kundalini syndrome

Kundalini syndrome is the reason why kundalini awakening sometimes gets a bad reputation. Essentially, all these "dangers" and "risks" can pile themselves together into a syndrome of unpleasantness for certain awakening practitioners who are highly sensitive, already unbalanced, unusually easy to awaken, or otherwise. Kundalini syndrome looks like constant jitters and anxiety with so-called "delusions of grandeur". People with the syndrome live mostly in their heads and have trouble relating to the physical earth plane. These people are stuck in a phase of awakening, and that stuck-ness could have been caused by forcing the process, speeding it up, or working through it for impure intention. To avoid the syndrome for yourself, take things as they come with your awakening and don't get too stressed out when things get tough. Believe with your heart that you will find balance and ease once more. You *will* make it to the other side of awakening, and then, with that belief planted deep in your heart, you're sure not to get stuck.

15 Biggest Mistakes People Have Made (and How to Avoid Them)

Since the onset of contemporary kundalini work in the 1960s, multiple people have gone through the process, which means that many people have succeeded in achieving awakening and that some people have absolutely floundered. These people's mistakes will be like spiritual gold for you, for they'll help you learn, correct your path, and adjust *before* the detrimental mistake is made. Though some have fallen, their efforts will lift you up, and you will surely rise through those efforts combined with your own.

Falling into the "goodness" ego trap

If you find yourself beginning to compare yourself with others on a basis of what's good and what's bad, despite having your kundalini in a state of awakening, you have fallen into an ego trap. The first step to correct this mental blockage is to realize what you're doing. A truly awakened person will not judge others in this way. Notice what you're doing and work directly against it. Rethink the concepts of good and bad in their entirety and start looking for their reflection deep within yourself before you go out into the world projecting them onto others.

Falling into the "spiritual" ego trap

If you find yourself beginning to compare yourself with others on a basis of who's more spiritual than who, you've fallen into another ego trap. By judging others in any aspect, much less degrees of spirituality, you put your ego in a position where it's more important and louder than your soul. True spirituality finds a balance of ego and soul, if not a muting of ego to benefit soul, so if you find yourself thinking these things or following these trains of logic, stop yourself right there and correct it. The more you're conscious of doing (judgment-wise), the easier it will be to stop making such assumptions and growing as a truly spiritual being.

Falling into the "love & light" ego trap

If you find yourself beginning to compare yourself with other awakened others on a basis of who expresses the purest love vibration, you're putting yourself into another ego-trapping position. Not every spiritual expression involves "love and light" at the end and not every one should. In fact, darkness and shadow are as important forces in the universe as love and light are, so focusing on these latter concepts would just create energetic imbalance. Lose the judgment and remember how important balance is in all

things.

Falling into insincere niceness

As you proceed down the path of awakening, people will become drawn to you. You will experience an increase in natural charisma, and when people come to you, they will expect help and guidance. Unfortunately, that means it will become abundantly clear for others when you're being insincere. Therefore, do whatever you can in the coming weeks, months, and years to only express niceness when you really believe it and mean it. Insincere niceness will turn people off from you at every turn until it's transmuted into something more productive. If you notice yourself falling into this emotional rut, you'll need a jolt of something to reset yourself emotionally before real progress can be made.

Falling into judgmental comparisons

Whether it is based on goodness, spirituality, lightness, or anything else you can come up with, any judgmental comparison you make will be proof of a big mistake in play for you. Judgment is not a part of ascension, and it will find its death in a true awakening process. As you move deep into awakening, take note of your patterns of thought. Start to notice when your thoughts, emotions, or statements involve judgment and redirect those things before they're vocalized into the world. Change your language, change your thoughts; change your thoughts, change your world.

Giving up too soon

The most common mistake for kundalini awakening is to try for a few days then give up because nothing is happening. I promise, something's happening! It's just only beginning, and those first wiggles of the kundalini won't feel like anything for a while. It will (and should) take a good bit of time to fully achieve awakening. Awakening should not be forced or pushed; it should not take a few days. It should not even take a few weeks. In all honesty, it can even take longer than a few months or a few years as it should, for the kundalini awakening process requires a lot of respect and responsibility on behalf of the individual. Sometimes, the personality needs a little work before it's able to devote such energy to such a powerful development. If you're feeling impatient and want to give up, keep going about it the way you have been. Don't give up, for the outcome will be well worth the effort.

Rushing or forcing the process

Numerous pieces of advice in this chapter warn of the dangers of rushing your awakening process. Please, please, please: do not force yourself open. Allow patience and proper timing to be instilled in your process. Allow yourself to understand the importance of proper timing. Remember, too, that what you may be pushing for so intently might not be as glorious as you think. Awakening requires the shedding of layers, the transformation of unproductive to good, and the loss of what's been toxic. It's not necessarily easy or glamorous, and it should absolutely *not* be rushed into. To avoid this mistake, take things easy and remember what awakening is really all about.

Losing discipline through the process

While kundalini awakening should not be rushed, its practices should at least be *constant* in order for the best outcome to be achieved with the least harshness of transition. Make sure that you don't fall into the mistake of losing discipline throughout the process. So many people start strong and dedicated and lose their verve after a week. Instead of falling into the same rut, try to be conscious of what's happening with your energy level over time and plan accordingly with your awakening. Plan your meditation and yoga periods during the times that you know will work with your waking and sleeping schedule. Overall, make the practice of maintaining discipline as effortless and natural as possible.

Spending less time (or no time) with nature

One of the more common mistakes involved with kundalini awakening deals with one's mindset and setting, as if one was going on a psychedelic trip. Your mindset has to be right, but so does your environment, and in this case, "environment" actually means the natural world. Make sure that you spend time with nature weekly during your process of awakening. Without that environmental boost, your awakening may become lopsided toward the benefit of humanity *over* the earth, and as always, balance is key. Nature will inspire you, center you, ground you, and teach you, and the kundalini is a snake after all! Get in nature; I promise that it will make everything so much more manageable.

Looking at spirituality as the end-goal or destination

One other common mistake is the view of spirituality or kundalini awakening as if it was the end-goal in and of itself. I've been trying to shape my language in this text to reflect that spirituality and kundalini awakening are not like some mountain peaks that we can climb to and conquer. They're so

much more like oceans or abysses to climb into and explore for eternity. While there are certainly goals *within* kundalini awakening that you're working towards, the ultimate goal in the process is to realize that it's exactly what it all is: *process, practice, and experience.* By shifting how you look at things and how you talk about awakening, you can make sure you don't fall into the pitfalls of this mistake.

Using the process simply to get psychic powers

Similar to the previous point, this one insists that your end-goal should not just be psychic awakening and that's it. If you're going into kundalini awakening with any goals *other than* to experience all the facets of divinity and spirituality in yourself and the world, then your intentions are "impure," and whether you like it or not, your kundalini can sense that. In this case, your awakening may end up becoming problematic or strife-ridden, but there's a sure-fire way to avoid this mishap. Don't go into awakening just to get psychic powers or even *just* physical healing. Consider the whole experience and devote yourself to the blossoming of your true potential, no matter what that means for your body. It's just a shift in focus and then things can be back on the right track.

Looking for answers primarily outside one's self

As you go through the process of awakening, a big mistake to fall into is that you might accidentally create a routine where you constantly look outside yourself for answers, forgetting your own intuition. Kundalini awakening is about connecting yourself to the bigger sense of *you*, whether manifested through your higher self, the communities you're engaged with, your spirit guides, your family, your soul mission, or otherwise. Therefore, if you find yourself looking for answers only *outside* of you, you're liable to reach imbalance in the process. Remember to look deep *inside* and try not to shy away from things you might not like in yourself. Processing all those kinks will be part of what helps you through awakening out to the other side.

Getting overly attached to spiritual practice

While your practice of kundalini awakening is certainly important and will surely become important *to you*, try not to get too attached to your routines, even the ones oriented towards growth. The more attached you get to anything, the more you stand to suffer, and kundalini, spirit, or divinity might just try to test you by taking away the effectiveness of your practice just to shake things up. If that happens, it's just to get you to remember that spiritual

development can happen without *any practice or routine whatsoever*. It just so happens that practice can *help*, but it is not everything. To avoid this problematic attachment, therefore, switch it up often and don't let yourself get too connected to any one method. Stay flexible, stay open to all the experience awakening has to offer, and remember: awakening is not something you can *have, own, or possess*; it's a practice, and you should never fully control that.

Using the process simply to contact the dead

Some people approach kundalini awakening with a specific end-goal in mind: to contact the dead. While this type of awakening has the power to connect you with planes outside and around earth and dimensions that are beyond ours, you should never practice awakening *just* to have this experience. Like with several points above, this end-goal makes your practice impure and will end up affecting future imbalance in your health, chakras, and intellect. You can easily avoid this mistake by making sure not to focus your awakening around *just one* facet, especially this one.

Using the process hoping to be set free

Finally, it can be the case that kundalini awakening helps the individual feel free – freer than he or she has ever felt before, more liberated to be him or herself, and more able to do exactly what spirit calls him or her to do. However, as with the point above, the end-goal of your process should not be this freedom. Instead, allow freedom to be a happy symptom or side effect if (and when) it arises, but don't let your focus fall on it completely. Be there for the experience and let what happens happen. Let go of control, expectations, and attachments, and the kundalini shall surely rise.

Chapter 5: Kundalini Master’s Class

Now that you’re basically a master on kundalini and its awakening symptoms and process, it’s time to advance you to the Kundalini Master’s Class! In this chapter, you’ll be introduced to the juiciest tidbits of potential tied up in kundalini awakening, from chakra alignment to astral projection and additional psychic gifts. The challenge in approaching this chapter is to maintain a pure reason for attempting awakening in your own life. Don’t get caught up in pride and ego desires but just read this chapter and become aware of what’s in your future if you follow this path. Simply read, accept, and trust what’s to come.

Chakra Healing & Alignment

With the knowledge of what each chakra does and what chakra blockages mean in reference to your overall goal of awakening, you should now be able to take things a step further in reference to your own chakra healing. The following is a guided meditation for chakra alignment that you can read along to (or record yourself reading aloud and play back as you go) and try out. Essentially, we'll walk through one method for aligning your open chakras and inviting the serpent to rise.

Close your eyes and breathe deeply. Imagine that you're on a beach by a cool, clear lake. Picture the surroundings of this tranquil place, where you're alone with maybe a lake house behind you that feels like it's yours. Knowing that you're in a beautiful yet safe and secure space makes you feel utterly relaxed, strong, and at peace.

Suddenly, you realize that you're not on the beach – you're actually sitting *in* the lake and the water comes up to mid-chest level. You feel completely content with this decision, as the water feels somewhat warm and comforting in the summer breeze. You close your eyes in the meditation as well as in the real world.

If you cared to open your eyes, you'd see that the water is in fact so clear that it almost looks like there's nothing there. You'd see that it almost looks like you're just sitting on a ground of colorful gravel, but when you move your arms, you know better. When you move, you can see (and feel) the ripples.

In this clear and calm lake, you sit. As you find peace in being there and trust that nothing will harm you, you relax in a way that you haven't been able to do in a long time. You allow yourself to breathe deeply and roll your shoulders down to release any tension there. You roll your head from side to side to release strain in that area, too. Eventually, you bring your neck and chest to center and you start to visualize your central channel.

In this inner column of energy, you visualize a free-flowing wave of white light. You have the sense that the white light is flowing so strongly and purely that it's turning the water around you white, too. You peep open an eye and confirm your intuition. The water you're sitting in is still the same temperature and texture, but it now looks like a bath of milk. You breathe in that purifying feeling and close your eyes once more.

Remembering that free-flowing column of white light, you take your visualization back to that space. Knowing that your chakras' blockages have all been cleared helps you feel confident moving forward, and you allow

yourself to get all but mesmerized with the beauty of that inner white light. However, the light cannot last, and you know that this channel, this powerful column, can be used for something even more important than just centering you in this moment.

In this calming, milky lake in the middle of your safe, secure space, you begin to hum bravely. You don't really know the song you're humming, and it might just be one tone hummed with the sound "ohm." Whatever the song is, it's been with you always, and it's a supportive song that feels right for this moment. As you hum your song, it's like you're charming a snake, for kundalini seems to love the sound.

Sure enough, the small snake that lies coiled up at the base of your spine starts to move up, uncoiling and winding through your chakra energy wheels in search of the source of the sound. Normally, you might be afraid of the image of a snake within you but knowing that your body is rooted in this natural, imaginative space somehow protects you and shields you from any harm. You trust this fact and know it in your heart to be true.

Unafraid and excited, you hum more and more while kundalini rises and winds through the root chakra to the sacral, around the solar plexus, and then up to heart and throat. You notice that the serpent stays a while around throat chakra, and you assume that it's because kundalini enjoys the sound of your humming so much. Ultimately, kundalini knows it must continue, so in the peace of your body (resting in the peace of the lake, homed in the peace of this still, safe space), kundalini rises once more.

Kundalini comes up into your face to lick the third eye and crown chakras before turning and coming right back down through all the same chakras once more, down through third eye to throat, heart, solar plexus, sacral, and root. As the first cycle of serpent's winding is completed, you feel filled with potential, and you sigh with relief. You seem to feel that everything is right in the world and that your direction is being revealed to you as you draw this very breath.

In the cool, completely clear water, you open your eyes and see that the world has become so much brighter, sounds are clearer, smells are crisper, and the water feels lighter than air. You stand and reach out your arms to the world of this space and simply breathe in its beauty, knowing that you are full of the same exact potential, the same prana and shakti inspiring both you and nature. You breathe deeply and open your eyes to the world.

Reaching Higher Planes of Consciousness

If you have goals of accessing higher planes of consciousness, kundalini awakening is a great place to start. In fact, kundalini awakening itself instigates awareness of these higher planes, and some people even gain access to them, but it always helps to have a guide at your disposal. For those interested in reaching these states of consciousness with the help of eager kundalini, the following section provides the guide that you need. The following 8 steps will lead you to the access you seek, when performed for the right reasons.

First, clear your mind completely. Before you embark on the journey to other planes of consciousness, you'll need to make sure that you don't bring any unnecessary emotional baggage with you, so check it at the door! Close your eyes and breathe into a meditative focus. Try to eliminate as many thoughts as possible from your mind; let them dissolve like salt in water or like snow on hot pavement. Let them evaporate from your mind until a still and calm inner space is achieved. This still space is absolutely essential to attain moving forward, so you'll want to ensure it's a strong one. Hold this space in mind for as long as possible before even moving onto the second step.

Second, evoke the central channel. Meditatively shift your consciousness now to see this central channel illuminated within you as best as possible. If you're still working through any recent blockages, you might see those as darker spots in the channel, but hopefully, no spots exist whatsoever. As you visualize this central channel, fill it with that same bright white light as the last section and imagine that you can add love to that light energy. Love is a vibration you'll want to carry with you as you journey into other realms, for it is part of what's so unique about being human. If you ever get lost, you can always follow that vibration back to where you came from, but that matters later. For now, just focus on breathing and boosting that central channel with as much love and light as possible.

Third, allow the serpent to rise. Once it's comfortable to do so and once it knows the channel is ready, kundalini will come out to play. At this point, you can meditatively visualize kundalini following its winding path through your chakras once more, up from the base to the crown and back down again. See how many slow and steady cycles you can withstand witnessing before you are pushed into action. Simply watch the serpent complete its inner course and trust in its energetic potential for you. Express love to kundalini and trust in the universe and then follow the next step.

Fourth, accept and express gratitude for your body, and don't let yourself forget about what your physical body does for you even on a daily basis! It's a source of great strength and support, and it will remain solid and secure on the earth plane while your consciousness and soul explore others. Breathe in that truth and breathe out your trust. Additionally, express a powerful wave of acceptance and love for your body. Feel grateful for all that it does for you and be proud of what you've accomplished with it! Whether your past life experiences come to mind or your conquering of chakra blockages to allow for kundalini awakening does instead, simply remember all your body has done for you and be proud! Know that future experiences with this earthen form will absolutely benefit your growth.

Fifth, check your goals against your higher self. You must have come to this experience in search of higher planes of consciousness for a reason, and that reason might not be backed by the purest of intentions. Try to be as honest with yourself as possible as you search to define the *real* reason why you want this type of access to other planes of consciousness. Once you've divined the answer, check it against your higher self. Some people ask this question in the form of, "WWJD? What would Jesus do?" You'll ask it in terms of, "What would my best self do?" Use that insight to inform your experience as you likely decide to move forward.

Sixth, state the goal you have in mind to kundalini. Once you've checked and altered those goals based on your interactions with your higher self, you should also check to make sure that your kundalini can handle such cosmic connectivity right now. Check in with kundalini again and make sure it's not overburdened, exhausted, or that it got accidentally rerouted from its path winding through the central channel. As long as kundalini is operating normally, then things should be good to go! Don't push things, however. It sure sounds fun to visit higher planes of consciousness, but if shakti isn't there with you somehow because you jumped the gun with kundalini's readiness, you'll surely regret it, for the experience will be nowhere near what you imagined.

Seventh, let kundalini take you there. As kundalini expresses its approval of your goals, let go of the reins and let kundalini take control. Trust that this vehicle of source energy will get you where you need to be, and feel the company of your angels and guardians, too, for they'll surely be able to make this trans-plane journey with you.

Eighth, make sure that you've developed a tactic to return. Accessing higher

planes of consciousness (and other planes of existence) can be an experience similar to astral projection and travel at times, and you'll have to remember where you came from so you know where to return to. You won't want your consciousness floating out in the ether for anyone to imprint on or get interested in. In order to ensure that doesn't happen, make a return plan before you even "leave" for the higher plane. If you've seen the film *Inception*, take a note from their book and bring a "token" with you that will remind you which world is real. It might sound crazy, but the more awakened you and your kundalini become, the more immersive meditation experiences of this nature you'll have for yourself.

Astral Projection & Travel

Different from travelling to higher planes of consciousness with kundalini's help, you can also astrally project and travel with the same type of aid. When going to other planes of consciousness, the soul and mind go to another level of thought that impacts the body in ways standard words or knowledge would never be able to do. But when using astral travel, one can actually go to other dimensions, realities, worlds, and more. This section will serve as a guide for those who seek to develop abilities of astral projection and travel, for these gifts are more complicated than they may seem at first.

First, clear your mind completely in a meditative state. Let your mind become clear of thoughts and emotions. Let any urges, desires, needs, or calculations exit your mind as well. The goal is to have calm, serene silence within the mind. Before you travel to other energetic planes, you need to make sure that you're as pure of an energetic expression as possible. You don't want to end up going out into these other planes with energetic blockages that keep you from coming home just because of one thought that stuck out before you left! Try to eliminate that possibility from happening by maintaining this calm, composed mind before moving any further in the process.

Second, evoke the central channel and raise the kundalini. With your calm and collected mind, remember that central channel. Let it become illuminated with the same warm white light and then allow kundalini to feel invited to rise. Without any blockages in its way, the serpent cautiously yet comfortably winds and winds to your crown chakra and then back down again.

Third, allow yourself and the kundalini to meld together in a hypnotic state. With kundalini flowing through your chakras and activating the central channel, close your eyes and try to visualize what's happening in detail on the inside. Watch kundalini methodically rise and fall. Feel supported by those efforts but also allow those conscious thoughts and emotions to fade away once more. You want to get hypnotized by this motion; get lost in it! All that matters is that you and kundalini are one, and its motion within you begins to create a vibration that pronounces: I'm ready for travel.

Fourth, remember that your mind has so much more power than your body. Before you embark on the astral voyage, you'll want to partially ground yourself with this knowledge, and the best way to do so is to "ground" yourself (so to speak) in the astral body. With those eyes closed and your mind in this hypnotized state, begin to connect with the body that's not yours. What I mean is this: when you visualize squeezing your fist, it's not your

actual body that moves, but you are imagining a body that's yours (that's not actually your physical body) doing the work. In this sense, I want you to connect with the version of your body that exists in the mental realm and that's affected when you visualize things. Try to move each finger and toe of that imagined body separately. Create several other exercises for yourself to root with this astral body, and your trans-plane journey will become all the easier. A few other things you can try are imagining doing jumping jacks, doing a cartwheel, counting on your fingers, juggling, and doing an intricate dance.

Fifth, connect to your subtle energy. You've worked to connect with your physical body, you've done the same and connected with kundalini, and you're connected with your astral body, but what about what's left? There's always an additional layer of subtle energy vibrating all around you due to the other carbon-based life-forms (and technological devices) in our world. Try to get in touch with that energy layer now. With your still-partially-hypnotized mind and your openness to the whole experience, allow yourself to feel a buzzing at the edge of your being as your astral body begins to separate from your physical body. This buzzing or vibrating is a good sign. It says that things are going exactly the way they should. Not everyone feels these vibrations before astral projection, however.

Sixth, let visualization take control. With your eyes closed, start to see your body as if you were floating above it looking down. Let your soul, essentially, become elevated and weightless as it rises above your own body. Like the rising kundalini, your soul floats up to its highest potential and back down, just starting to explore the space around you. It wanders through your room and house but does not get outside your home to start. There's still a bit of safety-making and grounding work to do before that final step into the ether can be achieved.

Seventh (and maybe most important!), always keep your root in mind! There will be a silver cord that attaches your astral body to your physical body, and that will sometimes be the only thing that can help you get back home. Don't forget to mind this physical and energetic root cord. As you have been exploring your room or your home, did you notice that cord yet? If so, that's wonderful! If not, you may not be having a full, pure astrally projective experience quite yet, but keep running with the visualization to see where it takes you!

Eighth, allow yourself to explore the astral plane you've found, with baby

steps first, of course. Now that you see your silver “grounding” or homing cord, go ahead and see what’s around. Look around your neighborhood and maybe your city. Stay on the earth plane at first so that you don’t get too overwhelmed. Eventually, you can try to explore completely different planes, realities, and dimensions, but your home density is always a safe and familiar place to start.

Clairvoyance & Other Psychic Gifts

If you approached kundalini awakening in the first place hoping for some level of psychic awakening, don't feel dejected or misled. Kundalini awakening will absolutely align you better with your intuition, deeper insights, and soul's mission. Furthermore, it will allow you to unlock additional psychic gifts on levels you may not have even known existed before your kundalini rose. This section will walk you through several different psychic gifts that are possible to attain, and as you strengthen your general manifestation and attraction abilities with kundalini awakening, you may even be able to pick and choose these gifts for your experience and needs, based on what you read below.

Astral projection is the psychic gift explored in the previous section, and it is essentially the ability to explore other realms with your consciousness voluntarily.

Aura reading is another psychic gift that is basically exactly what it sounds like. Many of us have the gift of aura reading in our own way, and if anyone tries to tell you that only *one* version of aura reading is right, they're not telling you the full truth. Everyone who can see auras sees them a little bit differently because everyone is unique in their own way. Therefore, if you believe you can see auras, but it doesn't fit with others' experiences, don't worry; trust yourself and believe in your gift.

Automatic writing is a psychic gift that involves channeling (the next point in this list) to a certain extent. Essentially, this gift allows the writer to be able to channel his or her higher self, guides, angels, guardians, or more in that person's effort to be verbally creative.

Channeling is a psychic gift that allows the individual to enter a trance and let another spirit speak through them for a time. It's sort of like demonic or angelic possession, but it's voluntary. The person who acts as the channel will almost always be fully willing to let the spirit talk through him or her.

Clairaudience is a psychic gift that revolves around the ability to hear outside the standard range of human hearing. People with these gifts would be able to hear into other planes of existence, even into supernatural worlds.

Clairgustance is an unusual psychic gift that is oriented around taste and eating. Individuals with this gift would randomly get a taste in their mouth and then receive messages later on in relation to that taste. Furthermore, these "clear tasters" would be able to taste something before even putting it on their tongue.

Clairsalliance is a psychic gift that revolves around the ability to smell outside the standard range of human smelling. Perhaps you would smell something before it happened (such as spilled food or a gas main break or fire). Perhaps you would be able to smell someone's vice on him or her before even striking up conversation. The possibilities are virtually endless!

Clairsentience is the psychic gift that allows one to simply feel the presence of something more. Whether that "more" is a spirit, a guide, an ancestor, a demon, or what have you, this individual would sense the physical (or spiritual) energy of that being before anyone else.

Clairvoyance is a more commonly-heard-of psychic gift that features the ability to see information in one's mind. These people might receive visions or see physical insights into others' lives, but the gist is the same each time: things are always visual.

Divination is the general application of one's psychic gifts to find answers to questions. Divination can be used in terms of reading palms, tea leaves, I Ching, natal charts, tarot cards, crystals, runes, and so much more.

Dowsing is a more old-school psychic gift that our ancestors used to find things. Sometimes, dowsing is guided with a rod or sticks, but the point is to find what's important to you (it was often water or shelter) when you might even have no idea what you're looking for.

Empathy is a psychic gift that allows you to literally feel or take on the emotions of another person. Empaths are often highly sensitive to the feelings of others to a detrimental degree until they learn how to ground themselves and protect their energy from all-too-natural invasion by others.

Intuition is an underrated psychic gift, for it truly is an example of precognition. Anyone whose intuition was right essentially received a momentary glimpse into the future, so the next time *your* intuition is right, be proud for you're unlocking psychic gifts as you live and breathe! There's the first piece of proof!

Mediumship is the highly-coveted psychic ability of contacting those who have passed. Many people are fascinated (if not obsessed) with communing with the spirits of those who are no longer living, and kundalini awakening can help you get there, but you'll really want to be careful. Mediumship can be an incredibly draining gift, and it's not for the faint of heart. I guess what I'm saying is this: be careful what you wish for.

Premonition is the psychic ability of being able to see into the future. This gift is often more symbolic than literal, but the gist is the same whether the

message is literal or figurative: the individual with the gift of premonition will know of future events before they come to pass.

Psychometry is a sense-based psychic gift that connects the individual with truth or facts about an object, thing, animal, place, or person just by touching it.

Retrocognition is the psychic ability of being able to see into the past with varying degrees of detail. Sometimes, those glimpses are into one's past lives, while other times, they're general peeks into the past that have no relation to your experience (as far as you know!).

Telekinesis is a psychic ability that allows the individual to manipulate matter with his or her mind, whether moving it, energizing it, or otherwise. Telekinetic individuals can sometimes do such amazing things as walk through walls, bend firm objects, trash a room without being in it, call people to their aid without speaking, and more.

Telepathy is the final psychic gift we'll discuss, and it relates to the power of the individual to communicate with others without opening one's mouth. This alternative mode of communication would likely be through thought, emotion, or vibration.

Conclusion

As you approach this final page of *Kundalini: The Ultimate Guide to Awakening Your Chakras through Kundalini Yoga and Meditation and to Experiencing Higher Consciousness, Clairvoyance, Astral Travel, Chakra Energy, and Psychic Visions*, another set of thanks is in order. Thank you for making it all the way to this point! I hope that the experience you felt was worthwhile and that you learned quite a lot in the process.

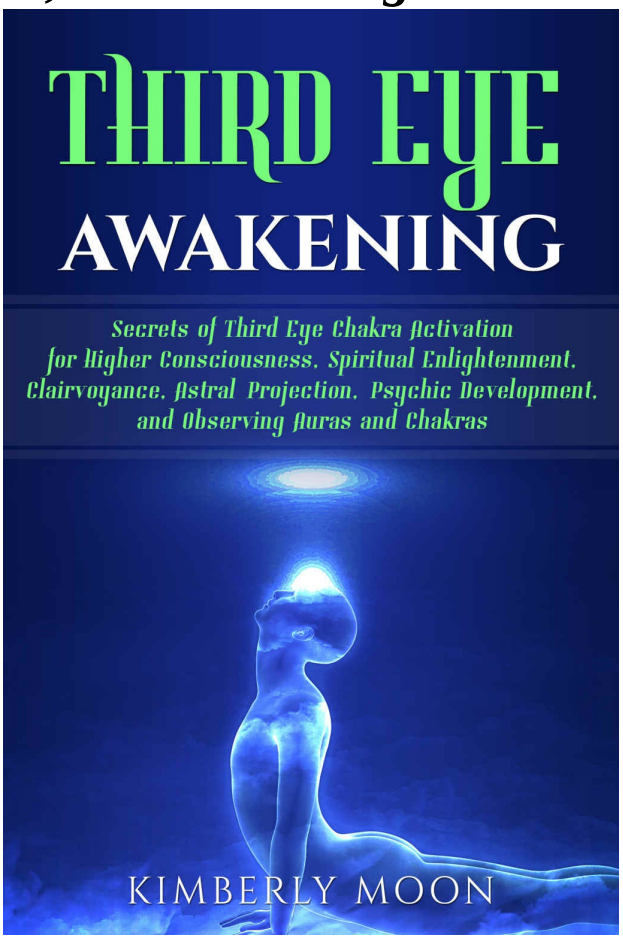
Now that you have this guide and all its information, the next step is to put your plans in motion. You should have a good idea about whether or not you're ready to begin your kundalini awakening process at this point (or if it's already happened/happening to you!), and if so, you should have this so-called plan partially drawn up.

Next, it'll be time to start changing your routines to support your oncoming awakening. It'll be time to begin adjusting your attitude, trying out meditating, meditating more often, or even just incorporating it into your daily process. With a few simple switches, you will be surprised how quickly the effects start making themselves known.

Overall, if you've found this text and its information useful, be sure to leave a review on Amazon. The reviews are highly appreciated and help me incorporate the best information for future books based on what my readers truly want. Let me know what works and what doesn't; I appreciate your help regardless! Thanks again for the download and for making it all the way through this book. The next steps are up to you! It's bound to be quite the adventure.

Part 3: Third Eye Awakening

Secrets of Third Eye Chakra Activation for Higher Consciousness, Spiritual Enlightenment, Clairvoyance, Astral Projection, Psychic Development, and Observing Auras and Chakras


THIRD EYE
AWAKENING
Secrets of Third Eye Chakra Activation for Higher Consciousness, Spiritual Enlightenment, Clairvoyance, Astral Projection, Psychic Development, and Observing Auras and Chakras
KIMBERLY MOON

Introduction

This book will help you in understanding the concept of the third eye in detail. It will also give you step-by-step techniques to not only activate the third eye but also how to get maximum fulfillment from it.

The third eye has always been a mystifying concept for humankind. We always knew that there was some hidden power and yet had no real knowledge about it. The age of the internet has introduced a lot of information and misinformation, further complicating this complex subject. Some consider it to be some magical power, while others consider it to be evil. In place of bringing clarity, the overload of information has brought ambiguity.

This book will try to deal with the subject of the third eye in an organized manner. It will explain the concept of the third eye and the way it works for us. It will explain the way energy systems and chakras work in your body. You will also be able to understand the functions and importance of the pineal gland in this book.

The pineal gland, also referred to as the 'seat of the soul,' plays a very important role in the third eye awakening. It is the physical location of the third eye. Our ancestors knew that it played some important roles, but there was no way for them to know its scientific purposes. This book will explain the real role of the pineal gland and the reasons due to which science now acknowledges its importance in gaining higher consciousness. It is the most important gland when it comes to raising your levels of consciousness and gaining psychic powers.

In this age of science, the third eye has been able to garner such special attention, mostly due to the fact that certain psychic abilities can be acquired by awakening the third eye. This book will explain in detail the ways in which you can redirect your energies to activate your third eye and remain safe.

Although many people are curious about the third eye, most keep wondering whether it will work for them or not. Some people also wonder if they can possess the third eye or not. This book will answer all such questions in detail.

It will help you in the third eye activation process by explaining the nitty-gritty of the process. You will be able to understand the correct process and the way you should move on the path to achieve success.

Most people who try third eye activation end up leaving the pursuit after

some time as they believe they are not cut out for the process. It is a myth that only a few chosen ones can activate their third eye or gain special abilities. We all have the third eye and possess the ability to activate it. It doesn't require any special kind of person to activate the third eye.

You can activate it if you prepare yourself well; this book will help you in that preparation. It will explain in detail the things that you need to do even before you embark on the journey of third eye activation.

It will cover the ways in which you will need to protect yourself. Third eye activation is a very positive process, but it also involves venturing into the unknown. Starting anything so big without ample protection can be risky. You will be able to understand in detail the steps you need to take to remain protected from all kinds of negative energies.

This book will also explain the proven ways to activate your third eye chakra and the pineal gland. The journey to activate the third eye is like moving on an undefined path. There are many ways to activate your third eye. Some ways are easy and some are intricate. This book will explain four proven ways to activate your third eye. It will also explain the things you will need to keep in mind while activating your third eye and the signs to look for when you are activating the third eye.

Simply activating the third eye wouldn't solve anything for you. It is not some acquired ability. You always had the third eye in you. The real gain is to make it work for you. This book will tell you how to do the third eye meditation so that you can get the most from activating your third eye.

You will also get to know the kind of amazing abilities you can unlock by activating your third eye. With the help of this, you will be in a better position to understand if you really want to go on this path. It will also help in keeping you motivated as the goal would remain in sight.

This book gives due importance to the fact that most people walking on this path end up feeling desperate and stop practicing it. The reason being, they do not pay attention to the things they should avoid or the dangers they face on their way. This book will explain these things to you in a systematic way.

It will also deal with the myths regarding the third eye and also answer some frequently asked questions about the third eye.

This book will take you on a safe journey to activate the third eye and explain all the checks and balances you need to maintain.

Chapter 1: The Role of Energy Centers in Our Body

The whole universe is driven by energy, and the human body is no different. There is a constant flow of energy in our body that regulates most of our functions. From our thoughts to all the actions that we perform, all are governed by some form of energy. The third eye is the guiding source of this energy.

It is important to understand the flow of energy in your body through all the chakras so that you can realize the importance of the third eye and the role it plays in your life. People simply remain unaware of the energy flow and keep believing that their life is simply their making. If they could better understand the flow of energy and the role of chakras, they would get much better control of their life.

The third eye is the sixth chakra in your body and has the ability to dominate the following energy chakras. By activating the third eye chakra, you will be able to get real control of your life and shape it the way you want.

The energy centers in the body are divided into seven parts or the seven chakras. The 'chakra' is a yogic term for a wheel. Whatever chakra is dominant in our body, our nature is dominated by that force.

The Base Chakra

The first energy chakra in the body is located at the base of our spine. The physiological location of this chakra is between your anus and the genitals. This is the base chakra. If the energies of this chakra are dominant in your body, then base activities will be the most important for you. Food and sleep will be your priorities. You will remain tied to the basic needs. Most of us have this chakra highly active. We consider these basic functions as the most important goal in our life. We spend our lives tending to these needs. Safety, survival, and nourishment of the body take up most of our time and attention.

The Sacral Chakra

This energy chakra is located at your pelvis. If your energies in this region become dominant, you will become a pleasure seeker. Creativity, emotions, sexual energies, fluidity, and adaptability will be the dominant forces in your life. The desire to enjoy the world in its entirety will become dominant in

you. You would live life more intensely than others. You would want to enjoy everything that's pleasurable in this world. Only survival wouldn't be your goal in life. You would seek fulfillment of your needs.

The Naval Chakra

The fire in you increases if this chakra dominates your life. It makes you a doer. You would want to have things your own way. You do not simply believe in pleasure but want to make things the way you like them. It makes you a person of action. You rise above the base needs of survival or pleasure.

The Heart Chakra

This is the chakra of creativity. If your heart chakra dominates your life, you will become more creative. You will have the vision to see this world from a creative perspective. Material pleasures will mean little to you. You will have the ability to admire the world in a new light. Even if you are not an artist, an actor, or a signer, you will have the ability to admire the arts. The base feelings will mean little to you. The people with this chakra in dominance experience another level of intensity in their life. They feel stimulated by things that may not even touch others.

There are seven chakras in our body. The three lower chakras govern our survival. We have the instincts of self-preservation due to these three power chakras. The upper three chakras dominate the feeling to see beyond these feelings. If the upper three chakras or energy centers in your body are dominant, you will have a deep longing to think beyond the usual pleasures. You will no longer find pleasure in the base feelings. You will have the urge to think above the masses. You would want to do things that others don't do. The urge to excel becomes dominant.

The heart chakra is the meeting point of both these levels. In this chakra, you still seek pleasure, but it is not in material forms. You are still grounded but do not feel a need to be a part of it.

The Throat Chakra

This is the seat of power. If your throat chakra is dominant, you will become a power center. You will resonate great power. You will control others effortlessly. People will follow you and listen to you. You will have the gift of words and voice. You will hold the world by your sound. You will make heads move. You wouldn't seek power to gain wealth but to make a difference.

The Third Eye

This is the sixth chakra. It is the seat of the all-seeing eye. If the energies in this chakra become dominant, you will start looking at this world from a different perspective. You will become intellectually realized. Your perception of the world would change. You will not judge things but look at them as they are.

It is important to understand that most of the problems and confusions in this world arise as we interpret things. We look at things and make meanings out of them. Our deductions may not be exact, but we consider them to be true and the same is the case with others. This creates a difference of perception. Everybody is assuming the world to be as they see it. This is the reason for many human miseries.

The third eye gives you the power to see the world and the need to analyze it ceases to exist. Things become clear to you. This eye makes you aware. You stop judging the world. Intellectual clarity assumes new dimensions in you.

The third eye opens up new levels of perception. You become conscious, clairvoyant, and enlightened.

Your mind's ability to communicate with others without using words increases. You are able to understand people better without even any actual communication taking place. Some people call it increased telepathic powers. However, it is simply due to the fact that you are able to see things as clearly as they are.

You also gain the powers of clairaudience. You are able to hear voices within you. There are energies all around you. It is only when the energies within you have peaked that you gain the ability to communicate with other forms of energies clearly. The third eye gives you this energy. You are able to sense the presence of positive and negative energies. You are able to understand them better. You hear them clearly. People call it taking messages from the unknown, but it is simply the power to understand the things that cannot be seen with normal eyes.

Your aura becomes strong, and you are able to warm others without even uttering a word. Even your presence can make people feel good. It is the power of positivity within you that starts to radiate. Your aura becomes empathetic to others. This is the power of clairsentience.

Your medical intuition may improve. You will be able to heal others through your positive energies.

Your interaction with the energies increases. What people simply feel as

depressing or joyful, you see as dark and light. You are better able to channelize these energies and put them to better use.

The Crown Chakra

This is the topmost chakra. The dominance of this chakra will make you spiritually realized. You will always feel ecstatic. You stop reacting to the normal pains and pleasures of life. You can develop a deep connection with your soul. You will have the ability to become a source of joy for yourself and others. Feelings of distress and misery will not be able to touch you.

However, the path to activate the crown chakra is unknown. There are several ways to activate the remaining six chakras in your body through meditation. But, there is no specific path to activate the seventh chakra. Only after your third eye has become awakened and you move on the path of devotion your seventh chakra can get activated.

The third eye chakra is the most important chakra in the body that is the key to opening the seventh chakra. It is also the chakra that will help you in getting past the normal obstructions in life. You can break the limitations of life by activating your third eye chakra.

You can develop psychic abilities and regulate the first five chakras in your body if the third eye chakra is active.

These six chakras are the energy junctions in your body. The kind of chakra dominant in your life will dictate the way of your life. However, you have the power to decide the way your life will become. By activating the third eye chakra, you can regulate the energy flow in all the other chakras below it. You will be able to gain active control of your life. You will drive your life in place of getting driven by it.

There are a lot of misconceptions about the third eye chakra. People believe that by activating the third eye chakra, you can gain supernatural powers. There is no doubt that an active third eye chakra does give you an exceptional level of perception; however, it isn't some magical power. It is the power to see inward. You become aware of yourself. Your consciousness reaches new heights. It is a chakra that unlocks your potential to gain new abilities in life and opens the portal to new dimensions.

Chapter 2: The Concept of The Third Eye

The third eye opens the door to higher consciousness. It enables you to look beyond the realms of the known. Since time immemorial, it has been referred to as the all-seeing eye. Even when scientific knowledge of the humankind was limited, it was hooked to the idea of the third eye that could enable humans to look beyond the point of the known.

The third eye has always been seen as a mystical vision source. It enables you to see things in far greater detail. It enhances your experience of the world. If your third eye is active and functioning well, you will have the ability to see clearly, and your sense of perception will be sharper. You may be able to feel things that no other normal person feels.

We all have this ability, but it often isn't fully developed. We call it the sixth sense or a gut feeling. It indicates that things are not the way you are looking at them. You do not have a scientific reason to believe the way you are feeling, but somewhere deep down inside you know that you are right. This unexplainable knowledge is known as the third eye.

The third eye is often referred to as the inner eye or the all-seeing eye. It makes you clairvoyant and enhances your precognition abilities. Our ancestors have always believed that an active third eye can lead to out of body experiences and visions.

The ability to possess psychic abilities and greater powers has always been the quest of humankind. We have always wanted to know more than we already know. There have always been limitations to the things we can know. The third eye defeats all such known boundaries, and that's why it is revered so greatly.

Our ancestors were hooked to this idea and believed that there was some greater power within ourselves that could allow us to know more than we knew. Across all the ancient cultures of the world, you will find the mention of the third eye in some form. Western and Eastern cultures alike have believed in the idea of the third eye.

The pineal gland in your brain is considered to be the link to the third eye. People have believed it to be the physical location of the third eye. Science kept on considering it a vestigial gland for a long time. However, modern research has demonstrated that it isn't a vestigial gland after all. It performs several crucial functions like the stimulation of several important hormones. It also regulates your circadian rhythms. Some researchers also believe that the pineal gland releases several hormones that can induce different states of

consciousness.

Understanding the concept of the third eye and activating it can help in gaining higher consciousness. It can help you in gaining clarity of thought and vision. Working of the third eye can enhance your cognitive abilities and make your instincts sharper.

This book will help you in understanding the third eye and the ways to activate it. It will also demonstrate the ways through which you can enhance your abilities to see things clearly.

Chapter 3: The Mystery of the Pineal Gland and Reasons of Its Calcification

When talking about the third eye, the reference of the pineal gland arises on its own. This is a very important gland. For a long time, people considered it to be a vestigial gland with no specific function. In fact, for them, it was just a pea-sized gland at the center of your brain with no clear purpose. However, it isn't a vestigial gland like the appendix. It performs several important functions.

The pineal gland has a role to play in determining several physical features like the color of your hair, skin, and eyes. It also plays a key role in regulating your body temperature.

It releases several important hormones like the happy hormone called serotonin. This hormone is a contributor to the feelings of wellbeing and happiness. So, if you are feeling cheerful today, your pineal gland may have a role in it.

This gland also releases the melatonin hormone that regulates our state of wakefulness and sleep. Your circadian rhythms are regulated by this as it acts as your body's internal clock.

This gland also plays an important role in your sexual development.

Apart from these physiological functions, the pineal gland also performs other important functions. It is an organ that regulates your dreams. It also has an important role to play in directing your emotions. If you believe that your power of intuition is very strong, it comes from this gland. It enhances your cognitive abilities and increases your learning abilities and memory powers.

This gland has been termed as the seat of the soul, and it hasn't been without reason. This is the gland that helps you in connecting your spiritually. An active and healthy pineal gland means that you will be able to grow and evolve spiritually. It has a very important role to play in your consciousness. It produces a substance called DMT that helps in expanding your consciousness. This gland also helps you in differentiating reality from illusion. This aptly backs the concept that an active third eye increases your sense of perception. You simply become more aware. Your intuitive power will become strong if your pineal gland is healthy and active.

To activate your third eye, activating your pineal gland is very important.

This small but very significant gland plays an important role in raising your levels of consciousness and enhancing your psychic abilities.

We all have the pineal gland, but its functioning remains basic. This delicate organ is prone to calcification. Metals and fluorides coming from your diet, drinks, and pollutants severely affect its functioning. The water we drink has high concentrations of fluoride that causes the calcification of the pineal gland. Food items with high metal deposits also lead to calcification of this delicate gland. Apart from all these factors, you also need to work on this gland regularly or it will wither away from lack of use.

Chapter 4: Top Twenty-One Foods and Supplements That Help in Healing the Pineal Gland and Activating the Third Eye

You can activate your pineal gland by adopting a healthy lifestyle, eating good food, taking some supplements, and meditation.

Iodine Supplements: Iodine supplements can help in getting rid of excess fluoride from your body.

Cod Liver Oil: This oil is rich in Omega-3 fatty acids. It helps in nourishing the pineal gland.

Oregano Oil: Oregano oil helps in strengthening the endocrine system; the pineal gland is a part of it. You can use it to cleanse your pineal gland and restore the balance in the chakras.

Raw Apple Cider Vinegar: It is very helpful in decalcification of the pineal gland and also leads to detoxification. The malic acid in it rapidly helps in decalcification.

Foods High in Boron: Foods rich in boron like avocados, almonds, prunes, and raisins can directly combat the effects of fluoride in your body. They are healthy and safe.

Bentonite Clay: You can consume small quantities of bentonite clay to remove toxins from your body. It helps in removing metals and other chemicals that harm the pineal gland.

Spirulina: This blue-green alga is known to have therapeutic effects. It is a very nourishing supplement.

Chlorella: Like spirulina, this is also a helpful nourishing supplement.

Ginseng: It has several medicinal properties, and it also helps in removing heavy metals from your body.

Zeolite: This also helps in removing the toxins and heavy metals from your body.

You can also include these items in your food to speed up the process.

- Raw cacao
- Seaweed
- Watermelon
- Hemp seeds
- Bananas

- Coconut oil
- Goji berries
- Garlic
- Honey
- Cilantro
- Lemon and other foods with citric acid

Chapter 5: Other Ways to Decalcify Your Pineal Gland

Essential Oils: These are natural oils derived from plants, seeds, and other natural sources. These fragrant oils help in stimulating your pineal gland and in activating the third eye. The natural energy in essential oils helps in bringing balance in the third eye chakra.

- They help in improving the clarity of your thoughts.
- They enhance your sense of perception.
- Your intellectual consciousness increases with the help of essential oils.

You can add the essential oils to your bathwater or dab a little on your pillows. Inhaling the essential oils before beginning your meditation sessions also helps in raising your focus. You can use the oils in diffusers. Inhale the oils in a nebulizer. However, you must use caution when dealing with essential oils and not allow them to come in direct contact with your skin as they can be very powerful.

Some of the most effective essential oils are:

- Lavender
- Sandalwood
- Frankincense
- Davana
- Pink Lotus
- Parsley
- Pine
- Mugwort (Do not inhale it too much.)

Meditation: It is one of the most effective ways to put your pineal gland to use. Meditation helps in stimulating the pineal gland. It activates your third eye and increases your ability to harness your sense of perception. You must meditate on a regular basis to keep your pineal gland energized and all your energy chakras balanced.

Humming, Buzzing, or Chanting: Humming, buzzing, or chanting can also play a very important role in activating your pineal gland. The reverberations created by your sound helps in activating the pineal gland. If you simply make a humming sound during your meditation sessions, you will find

meditation to be easy and more fulfilling. The chants also have the same impact as they create the same level of frequencies that stimulate your pineal gland.

Avoid Overexposure to EMF: Artificial electromagnetic fields are all around us these days. We use several gadgets that emit these radiations continuously. Mobile phone devices are the chief among such devices. They have become a necessary evil these days. They make functioning easier in the fast-paced modern life. However, always keeping them by your side is not a healthy thing. The same is the case with Wi-Fi signals. Our mind remains constantly exposed to these EMFs and that has an adverse effect on it. Try to avoid it as much as possible.

Crystals Can Help: There are several natural stones that have a very positive impact on the energies of our chakras. By keeping such stones or crystals by our side, we can ensure that our chakras remain balanced. Stones like purple sapphire, purple tourmaline, rhodonite, pietersite, sodalite, moonstone, and amethyst specifically help in healing the pineal gland.

Chapter 6: Strategy to Decalcify Your Pineal Gland

If you want to activate your third eye chakra, paying special attention to your pineal gland is very important. It is the seat of the soul. This gland plays a very important role in attaining higher consciousness, achieving clairvoyance, or developing psychic powers. You can follow the systematic approach given below to ensure that your pineal gland decalcifies and remains healthy. These practices will help you in nurturing your pineal gland and activating your third eye.

1. Fluoride mixed water is a reality we can't ignore. It leads to calcification of the pineal gland. You can prevent calcification of the pineal gland or speed up its decalcification by using distilled water. Use distilled water for drinking, cooking, and if possible even for bathing.
2. Only use fluoride-free toothpaste.
3. Make use of supplements that help in decalcification of the pineal gland. If you are unable to take supplements, consume a lot of citrus fruits that contain citric acid. It also helps in decalcification of the pineal gland.
4. Go organic. Fruits and vegetables contaminated with a lot of chemicals, pesticides, and herbicides can lead to calcification of the pineal gland. Eating such fruits will not improve your health and work in a counterproductive manner. Consume as much organic food as possible.
5. Make use of essential oils in your daily life. Essential oils are very powerful. They have a strong stimulating effect on your pineal gland. Use them to activate the pineal.
6. Practice humming sounds whenever you get time and especially before going to bed. Humming or chanting helps you in focusing your mind in one direction. It also helps you in easing the continuous mind chatter.
7. Avoid EMFs as much as possible. Especially avoid using mobile devices at the places where the signals are poor. These devices emit the strongest EMFs in such circumstances.
8. Crystals and gemstones are good for you. They help you in balancing energies in your body. You must keep indigo or purple colored gemstones with you at all times.

9. Become aware of the things happening around you. Most of the time, we continue doing things mindlessly without paying enough attention. Become conscious of your efforts. Pay attention even to the small things around you. This will also help in raising the levels of consciousness inside you. Your intuition, as well as your instincts, will also improve.

10. Pay attention to your dreams. As your pineal gland decalcifies and becomes active, your dreams will become vivid. Your consciousness will start to expand. Start making effort to understand the meanings of your dreams. Always notice peculiar things about your dreams.

11. Give due importance to your gut instincts. The first thing that starts improving when your third eye activates is that your sixth sense becomes stronger. You become more intuitive. You start feeling or sensing things for which you have no reasonable explanation. Do not ignore such feelings. Don’t push them under the carpet or discard them. Evaluate your instincts. Count the number of times your instincts have warned you correctly. They are the first step toward developing the powers of your third eye.

12. Broaden your experience of life. When your pineal gland becomes active and your third eye awakens, life starts touching you in many different ways. You can feel things more deeply. Your sense of perception becomes intense. Not only can you sense physical things, but you can also feel energies around you. It opens up a whole new dimension. You must not get scared of these experiences and, instead, try to understand them. The more you try to understand them, the sharper the functioning of your pineal gland will become.

Chapter 7: The Pineal and the Third Eye — Key to Higher Consciousness

Reduce Stress, Anxiety, and Worry

Mankind has always tried to find ways to fight stress, anxieties, and worries in spirituality and devotion. When questions become too confusing and your mind has no answers, you turn to the powers of the unseen. Science couldn't understand it and hence rejected it. The same was the fate of the concept of the third eye. Our ancestors across all cultures of the east and the west have believed in the concept of the third eye. They believed that it had the answers to most complex problems. Modern medicine leaves many people to understand that they should only consider what can be seen, heard, or touched. Stress, anxiety, and worry remained problems that could only be treated through pills. Such treatments only treat symptoms and are never lasting.

Until recently, the third eye was considered a concept suited for the occult or an idea favored by spirituality. Scientists were not ready to believe that such amazing things could be done with simple techniques like meditation. They thought the higher sense of perception or consciousness was not possible in general. This has been answered now. New research carried out by neurologists and psychotherapists have changed the way science looks at the pineal gland now.

Serotonin and melatonin are two important hormones stimulated by the pineal. It is known now that these hormones play a very important role in regulating your mood and cycles of sleep and wakefulness. These two things have a profound impact on the way we function in life. Our knowledge and experience of the world as we know it is governed by these things. In a mental state of unpleasantness, you will not be able to enjoy even the most beautiful things in the world. If you are sad, stressed, or unhappy, even the tastiest food would not look appealing to you. In opposition, when you feel pleasant, even your least favorite foods might taste slightly better to you. The pineal gland regulates both these hormones. If your pineal gland is functioning smoothly, you can keep stress and anxiety at bay.

Meditation has been considered as one of the most effective ways to activate the pineal gland and improve its abilities. Science has proven that meditation can bring real physiological changes in the brain that help in the evolution and growth of the pineal gland. This makes the concept of higher

consciousness a possibility.
Meditation also helps in reducing the release of the stress hormone called cortisol. This hormone can start several negative processes. It has a strong physiological impact on your body. From obesity to adverse inflammatory responses, cortisol is a big offender. Meditation can help you in suppressing the release of this hormone.
It has also been proven that an active pineal gland can help you in bringing down your sense of fear. If your sense of fear goes down, you won't show frequent 'fight or flight' responses at the drop of a hat. Your reactions to situations will become subtler.
Sages, seers, monks, and people indulged in devotion are known to show reduced signs of fear. Spiritual consciousness brings down such responses. We now know that spirituality has a deep connection with the pineal gland and the third eye. The third eye opens the gate for spiritual consciousness. Your sixth chakra helps you in raising your consciousness and opening up the seventh chakra of the spiritual dimension.
So, if your pineal gland is healthy and your third eye is active, you will have fewer worries. Your anxiety levels would go down. Your reactions to situations in life become stable, and you react in a calm and composed manner.
Our reactions to situations are as per our worldly experience and the way our brain processes that information. Between your eye and the pineal gland lies the very important orbitofrontal cortex. It gathers information as you view and experience things in the outside world and distributes it to the other parts of the brain for use. This is the primary point where all information comes and goes. The output of this part would dictate your behavior, emotional, and physiological responses.
A healthy pineal gland working with the orbitofrontal cortex helps in forming a sync between the information that's coming and going. An increased sense of consciousness led by the pineal gland can help in bringing stable reactions. Your level of tolerance to situations can rise phenomenally. The pineal gland can help in moderating reactions to a great extent. People who meditate for longer periods and have a healthy pineal and an activated third eye will have very controlled heart rate, blood flow, pain threshold, etc.
The hippocampus in our brain is one specific area that has a deep impact on your memory and consciousness. You can proactively work to expand your hippocampus through third eye meditation. It is humanly possible to do this

knowingly. Stress, on the other hand, can lead to shrinkage in the size of the hippocampus. The more stressful you remain, the lower would be your levels of consciousness.

Therefore, it is possible to get over the feelings of stress, anxiety, and worry. These are responses to the way our brain processes the information received from the world. We can actively improve the mechanism that processes this information correctly.

Stress, worry, and anxiety kick in the survival mechanism. These feelings keep us confined to the roots. We always remain busy with thoughts of self-preservation and never look beyond although we want to do so.

A quest for knowledge and sense of greater purpose has always intrigued humankind. Survival hasn't been the sole focus of our race, and this makes us different from other species. The third eye helps us in this pursuit.

We have always aspired to look beyond the limits of the things that can be seen. We want to know things that are beyond comprehension. We all want to know what is in store for us in the future. However, all this isn't possible through the available physical means. The physical eyes have limitations. This is the point from which the all-seeing third eye gains prominence.

The third eye can help us in having a greater vision. It brings with itself the power of wisdom and foresight. It opens the portals to cosmic vision. It is believed that the awakened third eye can dilute the barriers of time and space. It works beyond the known four dimensions.

The physical location of the mystical third eye is the pineal gland. Once activated, this gland can help you in gaining greater consciousness and also psychic abilities. The ethereal energy in your body becomes intense.

Activating the third eye will help you in rising above these restrictions. It will expand the depth of your thought and consciousness. You will experience the world in a new light.

Chapter 8: Third Eye — The Source of Amazing Abilities

We have understood in the previous chapters that the third eye is simply not a mythical concept. For thousands of years, humankind has believed in the concept of the third eye. Representation of the third eye and the pinecone, which is a symbol of the pineal gland, can be witnessed almost everywhere. The Egyptians believed in the concept. Hindus and Buddhists still firmly believe in the concept of the third eye.

We revered the third eye so much because we knew that it could unlock several amazing abilities. Apart from knowledge, wisdom, and intellect, the third eye also has the ability to unlock psychic abilities. When your third eye has awakened, you look at the world with a better vision. You have an all-seeing eye inside you that can help you in witnessing things that others can't. This is a reason most people intrigued by the occult and amazing phenomena are mesmerized by the idea of the third eye.

You can have some of these abilities if you have awakened your third eye.

Clairvoyance (Psychic Visions)

It is the ability of psychic sight. This means that you can see what others can't. People have always considered this ability a gift. However, we all have this ability to some extent. Some young children have stronger clairvoyant abilities than adults. They are able to sense spirits, energies, and future mishaps. Their minds are not fully developed to understand the meanings of some signals, but they do see things more clearly. As we age, our pineal gland gets calcified and your psychic abilities become dim.

The third eye activation also involves decalcification of the pineal gland. It helps in improving our sense of perception. We are able to sense the presence of energies, spirits, and omens better. As our minds are more mature, we may be able to deduce the correct meanings of those signals.

This is among the most desired psychic abilities of all as it gives you a real hold of the things happening around you. You can even predict things that haven't even happened yet with some level of accuracy.

This doesn't happen due to magic. Your mind has the ability to feel the energies. Your body in itself is an intense ball of energy. When your sense of perception increases due to third eye awakening, you are able to feel these energies clearly. This heightened sense of perception makes you stand apart among others. You start seeing things clearly unblemished by the deductions

or judgment of our prejudices. Your sight and experiences become clear.
You can develop clairvoyant abilities by practicing meditation once your third eye has been activated.

Observing Auras

This whole universe is a form of energy. We, being a part of the universe, are also energy. The characteristic quality of energy is that it radiates itself. Every living being has an electromagnetic field of energy engulfing the whole persona. This field of energy is called the aura. Our body is simply not just the physical form. Emotional, etheric, mental, astral, celestial energies are also present in the body. All these energies emit specific radiations or auras in form of colors. These colors can be seen, and they can help in identifying the kind of energy that dominates a person. This art is called observing auras.

When your third eye becomes active and starts functioning properly, you can develop the powers to see these auras or energy fields. Most of us have this power, but it is never very strong. Yet, when you go to someplace or meet someone you can feel the negative energy or vibe coming. You don't need the help of others to tell you this. Third eye awakening simply magnifies this ability several times. You will be able to clearly distinguish auras without opening your eyes. You will be able to feel auras that don't even have a physical body. You will be able to see energy, dark or light in its most vivid form.

This ability starts developing naturally when you meditate and activate your third eye. You will be able to feel the presence of negative or positive energies. The vibes coming from people will be very clear and strong. You wouldn't need an introduction to know the basic traits of a person. If you want to develop this ability, then meditation and focus are the main ways to do so.

Astral Projection or Astral Travel

Astral Projection is a way to have out of body experiences. This is, again, an ability that we all have to some extent. At times of near-death experiences, traumas, illnesses, people may feel like they have left the body and traveled far. However, such experiences are never voluntary.

'Dreaming while awake' will be a better description of Astral travel. We are made up of energies. With the psychic abilities provided by the third eye, you can make your energies leave your body and travel at will. Although astral travels last for brief periods, your experience can be very, very long, because

as in other dimensions, time is not relative. You can communicate with other energies that do not hold a body of their own. You can travel far away and return. You remain in complete control of yourself. You will be able to see the world from a completely different perspective. Your view of the world would completely change.

Although the projection looks very mystical, it is a reality. We all are not just this body. This body is a very insignificant part of our actual being. We won't simply die when this body stops functioning. On the levels of energy, we will continue to live forever. You can develop the powers of astral projection by awakening your third eye and making it powerful by doing meditation regularly.

All these powers are real; we have all of them in dormant forms as we do not exercise them regularly. You can make them stronger by practicing them regularly.

However, it is important that before you start to practice these powers, you strengthen your powers fully. All energies around us are not positive and harmless. The world is full of negative energies and they will try to interact with you or influence you. If you do not have enough protection, you may be influenced by them and bring harm to yourself.

Meditation is one of the best ways to activate your third eye and strengthen its powers. You will be able to develop the desired powers with meditation and keep them in your control. If you remain dedicated and focused, there is nothing that will stop you from achieving your goals.

Chapter 9: Important Preparations Before Third Eye Activation

The third eye has garnered a lot of attention in recent years. It has emerged as a great scientific resource that opens the door to new dimensions of knowledge and power. This concept has made it mystical. A race has begun, and many individuals have started a treasure hunt for the third eye. This is a mistake. It will become the biggest impediment in activating your third eye. The more effort you put in and the desperate you become to activate the third eye, the more difficult it will become for you.

The third eye is a doorway to knowledge, consciousness, awareness, and spirituality. Other powers like the psychic abilities, heightened perception, and awakened sixth sense are simply the by-products of the process. The activated third eye will increase the sense of perception in you. This is a power beyond all powers. It is an enlightening experience where you can know and see things much better than others.

The third eye is present in all of us. However, it remains dormant or inactive in most of us. Calcification of the pineal gland and lack of knowledge are some of the common reasons for not paying attention to it. In recent years, a lot of research has been done and the effect of activating the third eye on consciousness and wellbeing have been registered.

However, while there is a budding curiosity in people about activating the third eye, the process is still not clear. You can view thousands of videos on YouTube and read material on the internet about the third eye, but nothing gives you a coordinated way to activate the third eye. This leads to a lot of confusion. People start trying to activate their third eye in an improper wrong manner and the results are poor. In some cases, this can be disadvantageous for the practitioner in many ways.

It is important that you understand the reason for this ambiguity in the procedures. The first reason is the metaphysical nature of the subject. The third eye is not a physical eye. It does not have and “on” switch to flip. There are processes that can help in activating the third eye, but different people may take a different amount of time to activate their third eye. It is not be the same for everyone. This leads to a sense of desperation in some people. They become disheartened and stop practicing. Some start looking for the shortcuts and get lost in the way.

The second reason is the absence of a true way. There are many ways to

activate the third eye, but no one particular way is the only way to activate your third eye. You can activate your third eye by simply sungazing in the morning or it may take months of meditation. When people are not prepared to give in the required time and energy to the process, they start getting demoralized. They lose hope very soon and stop working. It is a process that requires great devotion as it opens the path of consciousness. If you are looking to be enlightened, you must not be in a hurry.

In the normal course of life, our experiences are limited. Physical and psychological experiences are the only two kinds of experiences we know. These are the only two dimensions in which our whole life revolves. This limits our perception. The third eye opens a whole new dimension for us. We become more conscious and aware of the things that we have not been able to feel till now. This can be a bit too much to handle for some. The third eye will increase your sense of perception, and this means you will be able to feel things that others generally don't feel.

This can be a bit of a scary experience for many. It also works as per your current state of mind. If you are in a negative state of mind, then you are more likely to attract negative powers. If you are afraid, don't expect to become brave through this experience. In fact, the third eye activation can make you more fearful. You can start experiencing your worst fears with greater intensity. It is due to the fact that fear leads to negative energies. You will attract more negative energies in that case.

To remain safe and free from such fears, it is important that you do your preparation well. Do not jump in right away to activate the third eye before you enable yourself to handle the power well. You will have to build enough protection around you to handle higher powers efficiently. Remember, activating the third eye chakra is a process that involves activating many other chakras, too. You shouldn't rush the process. It will not only come in the way of the results, but it can be harmful too.

This chapter will help you in preparing well for activating your third eye. You will learn some basic things to remember before you start working on activating your third eye. It will help you in understanding the requirements of the process. You will also be able to develop the required abilities to withstand the knowledge and power you will receive once your third eye chakra becomes activated.

Activating the third eye chakra will help you in becoming intellectually realized. You will achieve a stage where futile thoughts of the mind cannot

touch you. Trivial struggles of the mind will come to an end, and you will be able to see this world from a different perspective. You will be able to clearly see inside your mind and the outside world, too.

Cultivate Consciousness

We all consider ourselves to be conscious. You may not have an iota of doubt about that fact. Walking, eating, sleeping, working, and other similar activities to run this life are a part of being conscious. However, we seldom ponder over the fact that we are not actually doing these things consciously but that we simply play a part in the greater design. We all are the cogs of the wheel. We are not conscious of the things happening around us and the reasons for their happening.

We are not even conscious of the simple things happening in our lives that are so very important. We talk about the world, politics, global issues, violation of rights, exploitation, and several other such burning issues. However, we fail to realize that we may have a part to play in those things in many ways. We even fail to remain conscious of the good things as they happen in our lives.

Let us first focus on the good things. Let us examine if we are conscious of the good things happening in our lives on a daily basis.

Breathing is an elementary part of our survival. We can live without home and clothes for weeks, months, and years. Our ancestors have survived for thousands of years without these two luxuries. We can live for days without food. We will start feeling weak and lose the strength, but we will survive anyway. We can survive even without water for a couple of days. It will be tough and living would be difficult, but your body will manage to survive for several hours if you do not get water.

Can you imagine living without air even for a couple of minutes? You miss the next breath and you get freedom from this world. Your life is hanging by the thread of the next breath. You miss a couple of them and the whole world would become a thing of the past for you.

Yet, consciousness about this breath is not a priority. We are almost never conscious about it. We are almost never remember to be thankful for it. We are not gracious enough to realize the importance of each breath coming effortlessly to us. The least important things for life are always on our priority list. We simply want things that we do not need to survive, and we forget to spend time thinking about the one thing without which we cannot survive.

Becoming conscious is very important. You need to become aware of the things in life. Your priorities must be clear before you set foot toward the realization of any greater power. If you are not conscious of the good things in life, the opening of the third eye chakra will not do much good in life. Even the process of opening the third eye chakra will become difficult and time consuming for you.

The third eye chakra opens the door to a greater realization. It is the metaphysical eye that opens up inside you. You have two physical eyes, too. But they can only see outward. You can never roll your eyeballs inward to see things. The third eye, on the other hand, can see both inward and outward. It can help you in finding the solution for greater problems. You can seek the right answers, but if you are not conscious, you will keep looking for the wrong answers.

The primary step in your preparation is to become aware. Become conscious of the life around you. Become conscious of yourself. Start looking at things in life closely. This will give you a positive outlook. Our so-called larger perspective has made us unthankful and unmindful of the small things in life. We fail to acknowledge the beauty and effort in small things in life. Becoming conscious will help us in overcoming this barrier.

You will also be able to more easily notice the changes taking place inside. People who are not conscious of the process and small things in life fail to notice the subtle changes taking place. They always think that the realization will come as a boom. They believe that their third eye will open with a bang and they'll become all seeing and all powerful. They are up for a disappointment. It will not happen in this manner.

Activating the third eye chakra also involves working with other chakras in your body. You need to create a balance. Any overactive chakra in your body will lead to problems. The third eye chakra also called the 'Ajna Chakra' is the sixth chakra of the body. It helps you in achieving a higher sense of consciousness and realization. Activating the third eye chakra will help you in becoming more perceptive of knowledge and spirituality. You will be able to use the energies around you in a better and more efficient manner. You will be able to thwart negative energies and cultivate positivity. But to do all of that, you will need to become more conscious.

So, simply become aware of the things around you. Become conscious of the things happening around you. Pay attention to the small things happening in your life. Give credit to the small pleasures in life. Become thankful for the

positivity in your life. It is the only way to become more conscious of life. We keep fretting about the larger issues in life without paying any attention to the smaller issues.

You want other countries to show humility. You are perturbed by the insensitive behavior of celebrities. Yet, you fail to show courtesies to people in your life. The cashier, the security personnel, the vendors, they are all important people in our lives that fail to get their due credit simply because we fail to notice. Becoming aware will make you a better human being and prepare you for the bigger power.

Don't Be Desperate

Desperation most often than not leads to failures. It brings hopelessness in life. Desperation while walking on an undefined path can be a tough proposition.

Awakening the third eye is a tough process. The thing that makes it even tougher is the fact that you can never be sure of the extent of awakening in the initial stages. Showing desperation in such a case will only make you feel more defeated.

Individuals who start the quest for awakening the third eye to get material benefits are the most desperate ones. Their chances of failing are the highest. You need to understand that awakening the third eye is not the end goal. The third eye is a milestone, not the end. It will make you intellectually realized. It will enable your sense of perception. But the journey of spiritual realization is much ahead of even this point. Becoming desperate will not help the cause.

When you start the process of awakening the third eye, you do not need to fret. Forcing yourself to start paying too much attention is not required. You simply need to become aware of the things around you. If you start taking note of every tiny change in and around you, you'll get mad and it won't help your cause.

The only thing that you need to do is widen your perspective. Start thinking above yourself. Start appreciating the things around you. Do not fret over the small stuff in life. Activating the third eye chakra also involves balancing all other chakras in your body. If you start forcing yourself toward the third eye chakra, you may create an imbalance.

Therefore, you simply need to become aware. Start looking at things from a better perception. You don't need to *do* anything. You should only become more aware.

The third eye is your own consciousness. It has the ability to perceive things

with better clarity. However, if you keep forcing things in your mind, it will become muddy and unclear. So, stop forcing thoughts in your mind. Your mind needs to become relaxed. You simply need to feel everything inside and around you.

Become aware of the breath you take. For some time each day at least, pay attention to your breathing process. Enjoy the pleasure it brings. Take deep breaths and feel the air passing through your body. This will give you a hold on the idea of awareness. It will also help you in clearing your thoughts and relaxing your mind.

Awakening the third eye is a process of accepting some new realities and letting go of a few things in life. If you are holding things against people in your life, then you must let them go. Activating the third eye is a powerful process. Accumulation of negative energies is not only harmful to the people around you but even for you. Remember, negative energies only attract negative energies. Therefore, you must cultivate positivity in yourself. You will only be able to truly relax when you are full of positivity.

Don’t Let Imagination Overpower Your Sight

One of the biggest problems in activating the third eye in real terms is an overemphasis on its abilities. The sudden hype about the third eye has led to several misbeliefs. Some people say that they see angels, demons, lights, and other such things. The grapevine does the rest for the world. The moment you start meditating to activate your third eye, your prime focus becomes to look for such imageries. However, this is not a problem.

Your mind is a very powerful and efficient machine. In fact, it is hundreds of times more powerful than the most powerful supercomputer ever built to date. You start with a belief that once your third eye becomes activated, you will start seeing some particular things and ‘lo and behold’ even before you get a grasp of things, you start visualizing them. The problem is that this doesn’t mean that your third eye is activated. It might be your mind playing tricks with you.

An experience of the third eye awakening can be different for every individual. There is no standard formula for that. There are no parameters. There is no way to gauge the level of awakening. Your third eye will get activated with practice, and it will become more active with practice. Your sense of perception will improve with time and practice. You will be able to see things from a better and more positive perspective. Awakening of the third eye is not a given for the development of psychic powers. They are only

one aspect of an awakened third eye. Therefore, it is important that you make yourself aware of both these things.

1. You may not see the things others tell you about regarding the awakening of the third eye. You may even see them on the first day, and it may not mean anything in reality as it is your mind playing tricks on you. This is no parameter of third eye awakening. You must stop visualizing anything like angels or demons and tunnels of light or darkness. It is not the imagery or the visualization but the consciousness that matters in the end.
2. Even after your third eye has awakened, the psychic powers may take some time to develop. You will be able to perceive energies around you in a better way. Your sixth sense will get stronger. However, the power to foresee the future or predict things is never a certainty even after a fully awakened third eye.

There are many ways to activate the third eye, and visualization is also one among them. However, you must not be misled by such things when you meditate. If you are specifically looking for certain images in your meditation process, then you might start seeing them pretty soon. It isn't the third eye that does the trick but your mind.

The best way to move ahead on this path is to go with a clear mind. Focus on your meditation process. You must always try to keep your mind as calm as possible. Keeping your mind calm and relaxed is an important step toward awakening the third eye. You must always focus on the technique without stressing over the result. Becoming more aware is the key to success on this path.

While you are trying to activate your third eye, your mind will try to make you believe that you have reached your goal. There are several other energies around you that will also be acting within you. You must not deviate from the path by allowing yourself to be affected by these factors.

Maintain a steady routine and keep your mind clear. Do not be afraid or become influenced by such factors. They are just small impediments on the way, and they will go away as you move ahead on the path.

Remaining true to yourself is the key here. Remember, you are not doing this for the world. It is not something that can be displayed to the world. So, you will always need to remain fixated on your aim.

Experience the Change

The true measure of an awakened third eye is your experience. As your third eye gets activated, your experience of life will change. You will be able to perceive things in a better way. Your outlook for things will change in a positive manner. The activated third eye is a state of heightened consciousness. In this state, you will be able to see life with greater positivity. It is a state of greater consciousness in which you get intellectually realized. In this state, the worldly affairs will affect you less. This doesn't mean that the world starts functioning in a different manner. It doesn't. You simply start reacting to it in a different manner. You may start meditating for longer. You may start feeling a calmness inside you. You may stop getting agitated by small things happening around you.

It is this experience that will help you in understanding your true state of awakening. Trusting your experience is the only way to realize it. Do not go by the standards set by others. It is an experience that's unique for everyone. It may come slowly or may also come in a jiffy, like someone has flipped a switch. It works differently for everyone; and therefore, you shouldn't go by the experience of others.

Preparing yourself for this reality will help you remain more content and focused. In this age of the internet, it is very easy to become misguided. You may start looking for specific signs. This will always keep you hanging by a thread. You may have a higher experience while you are looking for some frivolous stuff. Therefore, it is important that you must always trust your experience.

Relish your experiences. Remain conscious of the changes. Become aware of the things happening in and around you.

Your experience is the only true test of your success. The more aware and conscious you feel, the more activated your third eye will be. You must always focus only on this aspect. Everything else you have heard or read about the power of the third eye may never be true for you. Activating the third eye will not make you a magician. It will make you a healer. You will be able to heal yourself and after some practice, even the people around you with your consciousness. Our consciousness is therapeutic. It has a natural healing impact. The positivity that you emit can make you and people around

you feel better. The sign has to come from you.
The moment you start feeling above your pains and sorrows, you are realized. The moment you are able to leave the baggage of the past, you are realized. The moment you are able to look ahead of the past, you are realized. You will transform at this stage and will become an enlightened being. This intellectual enlightenment is a true sign of the awakening of the third eye. You must look for this in your day to day experience.

Avoid Overanalyzing

We have a discerning mind. We analyze things. We hypothesize about things. Perception is a completely different approach. Our rational mind is always up on analyzing things. You will need to give your mind a little rest here. If you remain focused on deducing everything on the way to activate the third eye, you might never reach your goal. You will need to focus more on experience than on analysis.
You must stop judging yourself and your experience on every step of the ladder. It will have far-reaching consequences on your experience.
Activating the third eye involves a lot of meditation. You will sit in a state of stillness with a calm mind. This state of mental quietness is the hardest to achieve even for the most profound practitioners. You might achieve this state only for brief moments. If you keep analyzing yourself and your progress excessively, you may never truly achieve this state.
The awakening of the third eyes elevates your sense of perception. This is a state that defies logic. You would simply know things. Your sense of perception goes to the next level. If you keep analyzing things at this stage, it might become difficult for you to adjust to the state. Therefore, over-analyzation of the matter or your state is one thing you should avoid while activating your third eye.
The best way to deal with the state is to live in the moment. Do not overreact to the small changes taking place inside you. Give your discursive mind a little break. Focus only on your experience. It is a state of experience beyond the physiological and psychological experiences that you know.
An activated third eye will help you in opening up new dimensions of experience. You will be able to experience energies along with physical things. Positive and negative energies will have a profound impact on you. There may be chances when you will be able to experience the negative energies in people around you without being told. You must trust your instincts as the activated third eye gives you the power to perceive them

strongly and clearly.

Practice

If there is one thing that has no substitute, it is the art of ‘practice.’ You must understand this fact very clearly that the third eye has always been inside you. There is no apparatus or way to activate it other than practice. With practice, you can awaken your third eye and get the benefits.

You must practice meditation every day. It isn’t required to do it for very long. However, being inconsistent in practice can delay the activation a lot. Activating the third eye charka requires activation of the other five chakras in your body. You need to bring them in sync, and only then can real awakening can take place. These chakras are continuously at work. They remain in a hyper state of activity or poorly active depending upon various physical and psychological conditions that you experience. Meditation helps you in coordinating these chakras.

Regular practice is also very important for making you more receptive to new experiences. The more you practice, the more aware you will become. Practicing various techniques like the breathing exercises and meditation will help you in stabilizing your body and mind. You will be able to control your thoughts and sit for longer timeframes. It also improves your ability to perceive the energies in a better way.

Practice will make you more dedicated and stable. You will be able to have greater focus and concentration. Your sense of perceiving energies will also increase with practice. Activating the third eye and keeping it activated is a continuous process. You simply can’t keep it active without practice. Therefore, you will need to practice regularly. It becomes a simple and easy process once you get used to it. You will also start enjoying the fruits of your labor, e.g., the ‘inner calm.’

Make a routine for your practice. Fix a place in your home where you practice daily. Do not change your position regularly if you have found the right place, as that place will have a high concentration of positive energy. Fix a time of the day for practicing daily so that you do not have to fight with yourself every day. This is the best way to get the most out of this routine.

Do Not Procrastinate

Procrastination is the biggest sin in this world of action. Our actions are the only things that make or mar us. Not taking any action is the biggest wrong we can commit. When it comes to meditation or any other such practice, people keep putting it off for a tomorrow that will never come. You must

understand that the only thing that you don’t have in abundance is time. The moment you are born, the clock starts clicking. You can put off anything in this world, but you can’t do that with death. It will come in due time. The longer you procrastinate, the shorter you will have to do achieve your goals in life.

Your third eye may awaken in a jiffy if you are fortunate and focused enough. However, it may take a very long time. There is no way to tell the length of time before you actually begin. The longer you take to begin the process, the longer it will be for you. If you are the type of person who keeps making resolutions but never achieves them, then you must know where the real problem lies.

Begin your meditation as early as possible. Remain consistent for the time you devote for meditation on a day-to-day basis. Do not get into the habit of procrastination or putting it off for later.

Enjoy the Process and Find New Joy-Filled Ways

Third eye activation can be a great journey. Not only the destination but also the journey can give you immense joy. Third eye awakening is an experience that will take your consciousness above the regular experiences of joys and sorrows. It helps you in becoming relaxed and calm. It is a state of intense peace. You will be able to feel the stillness in and around yourself. However, this goal isn’t the only good thing about third eye activation.

Meditation, the path to third eye activation is an experience in itself. It helps you in rediscovering yourself and finding peace within. You will feel more joyful and content in life as you start meditation. Your experience of life will start changing rapidly as you increase your meditation time. From physical and mental to spiritual wellbeing, meditation opens the path of goodness for you.

Although meditation is a great way to activate your third eye, it is not the only way. There are a plenty of other techniques that can help you in activating your third eye faster. From sungazing to visualization, there are plenty of ways to explore. You can try these ways to activate your third eye faster. Every new technique will help you in learning new things and give you a new experience.

Chapter 10: The Ways to Protect Yourself during Third Eye Activation

The third eye activation is a powerful process. It makes you more receptive. You will attract energies around you. However, you cannot have real control over the kind of energies with which you may come in contact. You simply become the receiver of energies. This can pose a problem.

The positive energies will bring peace and tranquility. They will make you strong and blissful. However, negative energies can have a stronger but negative impact. To this end, it is important that you protect yourself. You must become aware of the energies around you. You must choose the place of practice carefully. You should also work to seal your aura for getting better protection against negative energies.

Neglecting these important aspects can have serious consequences on your physical, mental, as well as spiritual health. Enabling psychic protection against negative energies is the best way to avoid these issues.

The places of meditation, the lifestyle you follow, and even the kind of clothes you wear have important roles to play in your protection. Proper attention to all these aspects will help you in ensuring proper protection. We will now discuss the main things that you need to take into consideration.

The Place

The place of meditation has a very important role to play in ensuring your protection. We are surrounded by all kinds of energies. There are positive energies that help us in our endeavors. There are negative energies that push us down or corner us. The whole concept of things and places being lucky or unlucky isn’t just a misconception. When positive energies in a place are dominant, that place becomes lucky. It helps you in becoming successful. You become more energetic and alive. Your entrepreneurial skills get sharp. Your risk-taking abilities become stronger. Your ability to judge people, things, and circumstances gets better. You feel rejuvenated and healthy. However, if the place is dominated by negative energies, things are exactly the opposite.

Therefore, ignoring the significance of the place is not a very prudent thing. We are not the first to roam on this earth. Several people have walked, lived, and died in the same place where we live at present. A part of their energy is left behind. Accumulation of such energies has a profound effect on the nature of that place.

This earth is the place from which we all have originated. It is also a very powerful source of energy. It is full of energies that are so powerful that your body can never react to them positively. Such energies keep leaking from the fault lines. If you are at a place which is contaminated by such energies, then they will have a negative impact on you. Fear, health, and psychological problems are only some type of issues that can be faced.

In the past, people gave great significance to the earth's energies. They had the luxury to move things around. Space was ample. They could shift even a home if it rested on such fault lines. Modern lifestyle doesn't permit you this luxury. Living spaces have become smaller. Homes have become so expensive that shifting them in search of a feasible option isn't an option anymore. However, there are other remedies like Feng Shui, Vastu Shashtra, dowsing, house healing, and other such practices that can help you in cultivating positive energies. You will be able to identify the places in your home filled with negative energies. Such places can be easily avoided, and you can do constructive practices elsewhere. Like fields of negative energies, homes also have energy wells. These are the areas of positive energy. You can identify these areas and utilize them to your advantage.

Earth ray lines have been known to be a reason for several health issues. Our ancestor's associated cot deaths with such ray lines. People sleeping on these ray lines are known to be prone to joint problems, heart conditions, migraine headaches, and other such ailments. Frequent and unexplained bed-wetting is also attributed to these ray lines. If you are constantly having bad dreams while sleeping in the same place, then changing the direction or position of your bed can help. Insomnia or difficulty in sleeping can be due to this problem.

Such energies also impact your meditation and its results. While you are in a meditative state, your aura expands, and it starts communicating with the energies around it. Excessive influence of negative energies can lead to fear and visualization of negative imagery. It can leave you in a fearful state and make longer meditations difficult. That's why it is important to find a place that is more conducive.

Once you start meditation, your sense of perception will become sharper. You will be able to feel such energies strongly. If you feel that meditating at any particular place is getting difficult, you must change the place. You can also take the help of professional dowsers, house healers, or Feng Shui to balance the energies.

Work on Yourself

A healthy body and a balanced mind are the best defense

Attacking the weak is the best strategy and we all know this. Negativity will engulf the weak of mind and body first. So, you must always focus on having a healthy body and a balanced mind. If you remain healthy and sane, negative forces will not be able to influence you easily. You must adopt a healthy lifestyle to remain protected.

A balanced lifestyle and mindset are the first requisite for any such practice. If you are stepping into your practice with a negative outlook, the results won't be very promising. Your journey would remain bumpy, and you would face several impediments on the way.

A healthy body is a strong foundation for success. You will be able to face your fears with strength and overpower the roadblocks easily. The protection techniques will work in any condition, but a healthy lifestyle will help you in many ways.

Third eye activation is a spiritual journey, but it has to be carried out through your physical body; and therefore, you can never ignore the importance of your physicality. You must take steps to ensure that you remain healthy and focused. Following a healthy lifestyle will take you a long way in this process.

Sleep and rest are important

An exhausted body is weak and prone to the influence of negative energies. If you are taxing yourself too much or not getting enough sleep, then you will become empty. This state will be easier to overpower. Some people start meditation and want to achieve things very quickly. They undermine this important concept and face dire consequences.

You must ensure that you are getting ample time to rest and have proper sleep. Lack of rest and sleep will make you weak. Your energy field will also get weak, and your protection cover will fade away.

Meditation is the art of relaxation. However, it is not a substitute for rest and sleep. You must give yourself an ample amount of time to remain fresh and rejuvenated. If you are facing a time crunch, then you should adjust your meditation time accordingly. It is not only the time of meditation practice that matters but your consistency, too.

You can practice at short intervals. Take some time out in the morning when you wake up. This is the best time to practice as your body is relaxed and your mind is fresh. It will also give a great kickstart to your day. In the

evening, when you return from work, you can devote some time to meditation. This will help you in relaxing, and you will also sleep better.

Do not try to rush the process by overtaxing yourself in the beginning. It is a way of life that you will have to manage on a long-term basis. Finding a sustainable way to do it is always the best strategy.

Focusing on this simple aspect will help you in remaining steadfast, and it will also prevent you from the influence of negative energies.

A balanced diet

A simple fact of life is that we become what we eat. The food that we eat has a very strong influence on our lives. If you are eating an unbalanced diet, it will have a negative influence on your physical and mental wellbeing, as well as your spiritual consciousness. The activation of the third eye also gets heavily influenced by the kind of diet you have.

This is among the key reasons that the monks have very simple, yet healthy meals. They focus on supplying a healthy mix of macronutrients to their body. They eat the foods that can be easily processed by the body.

In this modern way of life where processed food has taken over the natural diet, it would be unwise to prescribe any strict eating regimen. However, you should stay away from an unbalanced diet. You must always eat the right mix of macronutrients that supply you with needed energy. Following diet plans or strict calorie control will expose you to negative energies as you become weak. It is a very unwise thing to do. You can also get the same results by having a diet that supplies all the required nutrients and eliminates the junk food that leads to excess weight. Whatever the diet plan you follow, you must ensure that it is nutritious.

Some people also get misled by the notion that fasting help in meditation. There is no doubt that fasting has a profound impact on meditation. It helps you in becoming calmer as the food always keeps reacting to your body and generates several kinds of reactions. However, fasting is only beneficial when it is done in a controlled manner. You cannot simply start fasting all of a sudden and expect positive results. In fact, the whole process would become counterproductive. Your mind will remain busy with the thoughts of food.

Fasting should only be done as a part of detoxification. It helps in cleaning your body of the toxic stuff and should not be over-stretched. Creating irregular gaps in your meal will only harm your efforts. Regular meals have a great role in reinforcing your astral body. You feel more content and vital.

You must focus on foods that have a lot of antioxidants and help in fighting

free radicals. Eating easily digestible food is always the best way to remain healthy and fit. Complex foods, especially red meat, take a lot of time to digest. It also promotes the growth of negative energies in your body. You should try to avoid it as much as possible.

Remain joyful

Sorrow or grief are dark emotions. They attract negative energies a lot. Somewhere deep down there is a grudge building up. The development of positive energies becomes difficult in such a state. Happiness, laughter, and positivity, on the other hand, keep the dark energies at bay. You become strong and remain protected.

You must cultivate happiness. Try to remain cheerful. If you are unhappy about a few things in the past, try to forgive and forget them. Moving on will be easier for you. Moving on the path of third eye awakening with baggage from the past is not a healthy thing. Joy and peace are important in life. In fact, happiness has been the ultimate goal of the majority of people who have walked on this earth. Sadness and depression only weigh you down. Make your choice prudently.

Don’t intoxicate yourself

The intoxication of any kind may give you a temporary relief from the problems of this world, but it cannot be a permanent solution. In fact, it isn’t a solution at all. Problems generally become bigger when you come out of a hangover. You must stay away from avoid this scenario.

Drugs and alcohol have become quite popular. They cause hallucinations and make you see an imaginary world which you may like. However, they take you far away from reality.

Drugs and alcohol can be dangerous while you are on the path of third eye activation. You may hallucinate and have false visualizations. They also make you weak and incapable of exercising any control. You become weak and may become influenced by negative energies. You must stay away from them to remain protected.

Some Effective Ways to Manage Energies

Choose your colors wisely

The color you wear will have a profound impact on the amount of energy you absorb. Light colors do not absorb energy. This will help you a lot in staying safe from the influence of negative energies. This is one of the reasons white is the preferred color for meditation. It reflects negative energies.

Dark colors attract and absorb energy. If you are wearing dark colors while doing your meditation, then the chances of coming in contact with the dark energies increase.

Find a positive place for meditation

The place of meditation has a very strong impact. A place with an excess of negative energies will always give you a hard time in meditation. You will be able to feel an intense pressure. There will be distractions and you will find it difficult to concentrate for long. If you find yourself in any such situation, then the chances are that you are sitting on a fault line. Shifting the place of meditation even by a few feet can make a lot of difference.

You can take remedial steps for correcting the flow of energy, yet fighting it for long will not yield great results. Shift the place of your meditation and find a corner that has a positive flow of energy or an energy well. Such a place will have a soothing impact and you will be able to meditate effortlessly.

Wash your hands

Once you start meditation, your sense of perception of the outside energy forces increases. You are able to feel their interaction with your body. You will be able to feel the extra pressure on your hands. You will become aware of energy building up around you. These realizations will become common. All this happens because you start attracting more energy toward yourself.

Whenever you feel any such pressure in your hands, you must wash them thoroughly under running water. It will increase your perception. It will also keep you safe from such energies.

Purify the room

The presence of negative and positive energies is beyond your control in any place. However, managing as best as you can is always in your interest. If you feel that your home or the place of meditation has a high concentration of negative energies, then you can take some proactive steps to balance these energies.

Burn incense or candles

Burning incense or candles have a positive impact on the energies. You can make the positive energies stronger by this method. It also helps in purifying the room. It gets filled with positivity and smells great. You will be able to meditate for longer.

Hot and cold treatment

Creating a temperature variation in the room is also a way to deal with the flow of energy. You can use heaters to make your room as warm as possible, and let it become cold afterward. Creating a temperature difference in the room helps immensely.

Get in sync with the lunar cycle

The moon has a deep impact on the energies on the earth. It generates a great force. Even the oceans and currents do not remain unaffected by the influence of the moon. The behavior of energies varies on the full moon and new moon. You must consider this factor.

A full moon night is the best time to meditate. You will feel an explosion of energy during this period. It is a very suitable time for intellectual realization. The chances of third eye awakening are very high in this phase of the month. You must make the best use of this time.

Chapter 11: Breathing Technique to Help in Third Eye Activation

Breathing is a critical activity. It infuses life into the body. However, we always remain oblivious of this important process. We take it for granted. Meditation involves becoming conscious of everything.

The first step in the path of activating the third eye is to become conscious of your breathing process. You will need to be aware of your breathing and feel it.

Find a suitable place in the room for meditation. Sit in a cross-legged posture and keep your hands on your thighs. The palm of your hands should face upward. Now close your eyes and open your mouth a bit and breathe.

You do not necessarily need to breathe from your mouth. You can keep inhaling from your nose and your mouth. However, you must take deep breaths and feel the vibration the air created at the back of your throat. This in itself is a powerful process.

You will become aware of the breath you take and the vibrations it makes as it passes your throat. Breathing in this manner will help you in attaining a higher state of consciousness.

You must remember that there is no right or wrong way to do it. You do not have to fret over this process and make it perfect. You simply need to breathe deeply and remain aware of your breathing. The process helps you in building a connection with your third eye. It pushes the useless thoughts away and helps you in focusing on your primary objective.

Breathing in this manner can, at times, cause irritation or dryness in the throat. However, there is no reason to worry. With practice, this problem will go away. You simply need to focus on breathing and feeling the vibration of the breath at the back of your throat.

Keep your neck straight and vertical in position. Your jaw should remain relaxed and you must not put in any extra effort. The whole exercise is meant to relax your mind and make you more conscious.

Breathing in this manner for some time will tune your mind. You will be able to focus in the center of your eyebrows. This area is the seat of the third eye. It enhances your psychic abilities and your sense of perception improves.

Humming

Making a humming sound is the best way to continue this position for a long time. It creates strong vibrations in your throat, and your concentration also

remains unwavering.

You do not need to say any particular word or chant any mantra. Simply by making the humming sounds of the bees, you can focus your energies in the right direction.

Try to experience the vibrations that originate while you make the humming sound. Stop for a while in between and feel the difference. Continue breathing while humming. This process will help you in the initial stages of your meditation to build a strong focus.

Most people believe that opening the eye is the most difficult part of the process. They fail to understand that even the path can be treacherous if you are not following the right procedure. Even attaining great focus can be one of the most difficult tasks.

In the beginning, as soon as you close your eyes, your mind will race toward an innumerable amount of thoughts. The mind chatter will become incessant. You will find yourself unable to focus. You will have distracting thoughts, and they will weigh you down.

This breathing exercise will help you in forming great focus and staying away from such thoughts. It will help you in getting into the meditative state. You will be able to calm yourself faster.

Chapter 12: Four Powerful Techniques for Awakening Your Third Eye

The third eye is metaphysical. This means that it has no physical presence in your body. It is an elevated sense of perception that develops with a practice inside you. You start developing a higher consciousness and can feel things much better than others. This power has always been inside you. The only thing required is activation.

Everything needs attention and dedication for development. Like developing any other power, even third eye development needs work. If you go to the gym to build muscles, you wouldn't notice any change in the first day. However, you may feel bad on the second day. Your whole body may ache and you may find yourself in pain. The important thing in every process is to remain consistent. If you continue going to the gym and keep pumping that iron, you will see your muscles growing. The same happens with the third eye.

You can activate the third eye by following the process given below. However, your experiences may vary. It only happens due to differences in our sensory perceptions. You do not need to worry or question your abilities. It is a process in which there is no failure. You do not have anything to lose.

From the very first day, you will start gaining. Your focus will start improving. You will have a better grasp of your thoughts. Your mind chatter will start coming under your control. However, the height of the development of these perceptions will depend upon the kind of practice you do. The third eye awakening will not open doors of magic for you. If you are trying to activate the third eye with that intent, then you must stop here.

Third eye awakening will start improving you as a person. It will help you in developing your perceptions of this world. Your interaction with the energy forces around you will improve over a period of time. You may also develop some psychic abilities successfully. However, for all this, you will need to practice regularly.

Activating the third eye and developing third eye abilities are two separate things and you must never mix them up. You can activate your third eye in an instant. However, you will need to work continuously to keep that third eye awakened. If you stop meditation or adopt a lifestyle that is unhealthy, then the results will not be very encouraging.

There are several techniques to activate the third eye. No technique is better

or worse. These are all ways to reach the same goal. You will need to find a way that works the best for you. Your focus should always be to follow a practice that remains sustainable.

Technique 1

Choose a day

The best time to activate the third eye is during the full moon. However, it is not binding. If you find yourself ready and willing to activate the third eye, then any day is a good day. Activating the third eye on a full moon day is comparatively easier as the energies are higher.

Place

The place of meditation has an important role to play; therefore, you must find it. The room for meditation should be clean and free of clutter. A cluttered room causes a lot of distractions and you will find yourself unable to focus. The negative energies are stronger at a cluttered place.

Purify the room with incense or candles as it will help you in the process and thwart away the negative energies.

Colors

Wear comfortable and light color clothes. The white is the best color for such a practice, but even light colors would be fine. However, you must avoid dark or black colored clothes. They absorb a lot of dark energy, and this may cause problems in meditation.

In a group or alone

You can meditate in a group or alone as far as you are comfortable. This is not an issue. However, you must not meditate in the company of people who are not meditating with you. It is very important as such people will only cause distraction, and your thoughts will keep racing toward them. Remember, third eye activation isn't a black magic practice that needs to be hidden. It is an exercise to rediscover your true self. You cannot rediscover your true self when you feel exposed to the world, or you are busy thinking about others.

When you are alone or only in the company of people who are also meditating, the chances of such deviations diminish. So, if you are doing it alone, then no one else should be present in the room where you are doing the meditation. The place of practice should be quiet.

Preliminary

If you are wearing restrictive clothing, then you should ease yourself. Take off your shoes and the watch. Switch off any mobile devices, and at least lower the volume of your telephone so that you do not become distracted during your practice.

For the activation part, you will need to lie down. You can choose a suitable mat, rug, mattress, or blanket as per your convenience. You can also lie down on the floor if you are comfortable. However, take into consideration that the activation part can take more than an hour. You must be comfortable lying on the material(s) on which you choose for meditation.

You will need to keep your eyes closed for the whole part. The closed eyes have a great significance. When your eyes are closed, you are able to utilize your other senses better. Your ability to see inside increases when you cease to use your ability to see outside.

You will continue the whole practice in small stages of approximately five to ten minutes. However, you do not need to keep track of the time. The time will become inconsequential for you during the activation process. You only need to work on attaining sharp focus.

Lie down and keep your hands straight with palms facing upward. Do not cross your arms. The position of your arms will change anyway during the practice.

Lie still and relax for a few minutes. Keep your eyes closed but do not clinch them. Simply bring ease into your body.

Now start the breathing exercise. Open your mouth a bit, and start breathing deeply and consciously. Become aware of your breathing focus. Try to feel the vibration of the air at the back of your throat.

This part is only to make you aware of the process. You do not need to do anything else in this part. Simply keep breathing deeply and focus on the vibration your breath makes. You will need to maintain this for five to ten minutes. This should be the time when you start feeling completely relaxed. Do not rush this part. Take your time. Feel the breaths deeply. Follow the path your breath takes and the sensation it creates while passing through your nostrils. The low-pitched sound of air passing through your throat should be audible to you. Once this state is achieved, you should move to the next level.

Now, pay attention to the center of your eyebrows. This is the seat of the third eye. You simply need to divert your attention. Do not specifically try to see or visualize something here. Do not focus too hard at this point. You are on a journey to explore your higher consciousness now. This journey is going to be long and fruitful. This is the stage of acclimatizing yourself. You do not need to focus hard at the center. Simply divert your thoughts to a specific part while you maintain your breathing. Keep breathing with your mouth open. Keep listening to the low-pitched sound of your breathing. You will need to

maintain this state for around the same period as the earlier one. Once you feel that you have both the activities in sync, you will be ready to move to the next stage.

In this stage, lift your working hand and place your palm above your forehead. The palm of your hand must not touch your forehead. It should be one to two inches away.

- You need to continue breathing with your mouth open.
- Keep your focus at the center of your eyebrows.
- Keep your palm steady in front of your forehead.

Now, your mind will become aware of the palm in front of the forehead. You do not need to open your eyes. Maintain this posture for some time.

By this time, a slight pressure will start building up at the center of your eyebrows. You can put your hand back where it was before you raised it to your forehead. Now, you simply need to feel the pressure or the tingling sensation.

Remember, you have to continue all the activities as they were. Keep breathing deeply with your mouth slightly open. Remain focused at the center of your eyebrows. You will only need to look for changes in the sensation.

The experience will be different for everyone. You can feel a tingling sensation. There might be a little vibration in this spot. You can also feel a bit of pressure between your eyes. There can also be a feeling of extra weight in the area. Again, the experience can be different for everyone. You will need to look for the change.

At this stage, remain cautious of trying too hard. Some people start consciously looking for the change, and their mind generates that change for them. You do not need to cause it. It will happen on its own. You only need to experience the change. Remain in the state for as long as you wish. Let yourself become aware.

You can move to the next stage as soon as you experience the vibration or pressure. It is important to remember not to rush into the process. You will need to specifically locate the area of vibration or pressure. In this stage, you will need to connect the vibration in your throat with the vibration in your forehead.

Once you become aware of both the vibrations, they will feel connected on their own. You will be able to feel the pressure at both the locations simultaneously. This is an important stage. You will feel your breath rising

above to the point of the sensation. You will feel a bridge between both the points. Soon, the sensation will become deep and profound. It will take a subtle form. The flow of energy will become effortless.

This is the stage of realization. However, you must remain cautious. You do not have to visualize things. Do not force your imagination to create an effect here. Anything that comes to you must be natural.

The sensations can become stronger in some cases. Even if they are not stronger, you do not have to worry. It is simply the flow of energy in your body. Your mind starts redirecting the energy in random directions. The vibrations can be felt on your entire forehead, arms, or even your whole body. It is very natural and nothing for which you should worry. In this stage, you simply need to flow in the stream of energy.

The final stage of the process is to feel the energy in its entirety and get connected to it. In this stage, you can stop breathing with an open mouth. Your complete focus should be on the energy between your eyebrows. This is a stage of stillness. Seldom in life, you get a chance to have a glimpse of the energy source inside you. You will be witnessing it first hand. It is a stage of mental quietness where everything else becomes inconsequential.

This energy has the power to transform you. It can bring harmony inside you. It can take away all the pain arising out of dissatisfaction and discontent. You have to form a direct link with this energy. Even a bleak flicker of light will become stronger. It will keep getting brighter with practice. You do not need to worry about its size or consistency. You do not even need to worry about its power. You simply need to build a connection with it.

Most people think that building a connection with your own energy cannot be a difficult task. They are wrong. This energy is far greater than you. You may never be able to build a connection with it if you start wrong. Even if your intent is wrong, the connection would never be strong. If you don’t pay enough attention to strengthen the energy field, the link will also become weak.

The source of this light is the third eye. The activation of the third eye is a basic step. At this stage, you may not feel any difference at all. The third eye gets activated in several people due to accidents, near death experiences, and other such reasons. However, they fail to take advantage of this power as they do not know how to harness it.

Meditation is the only way to harness the powers of the third eye. Once you activate your third eye, you will have to meditate regularly to increase your

sense of perception. Your experiences will start becoming stronger with practice. You will start developing stronger senses. Your aura will become more prominent.

Remain in this state for as long as you want. Bask in the glory of your inner light. Appreciate the beauty of the light inside you. When you are ready, simply open your eyes.

Do not try to get up all of a sudden. Remain in the state for a few minutes. Sit and move your limbs. There can be some vibration or tingling sensation. Once you feel perfectly fine, you can get up.

Remember, activating the third eye is only one task. To make it work, you will have to meditate regularly. Then, your third eye will be able to strengthen your sense of perception or develop psychic abilities. Simply activating the third eye is not going to solve any problems for you.

Things to Remember

Do not force yourself: Do not force yourself into thinking or imagining things. Use of force in any manner is not required. Things would happen in a natural flow. You simply need to be aware of the process. You start as a mere spectator of the process. You only become a participant once your third eye has opened completely. Your main job at the moment is to channel the energies in the right direction, which comes with practice.

Do not doubt yourself: Doubt is dangerous. You have to start with faith on an undefined path. Some people start a process with doubt and end up failing on the way to their goal. The third eye is not an acquired power. It has always been inside you. The pineal gland inside your head is real. The powers it holds are real. You are only attempting to activate the gland through a process. If you move in the right direction, there are no chances of failure. Anyone can activate the third eye with perseverance and practice.

Do not imagine things: Use of visualization and imagery is not uncommon for activation of the third eye. However, the only risk is that people start overimagining things in desperation. Doing so will always keep you away from a real experience. This isn’t desirable. Since you are putting in the required effort and have the potential, your experiences should also be real. Keep your mind blank and receptive. If you have a preconceived notion that only an indigo light is an indicator of third eye awakening, you may fail to notice the vibration that occurs. You may never pay attention to the real awakening. You will remain devoid of the true experience. Keeping your

mind open will help you in understanding the true nature of awakening.

Don’t try to see from your eyes: Our whole of our lives we have been seeing things from our eyes. When asked to see inside, some people start rolling their eyes inward. It isn’t possible and not even useful. You will only end up straining your eyes, resulting in pain or vibration. This should be avoided.

Simply open your eyes if you feel afraid: The third eye awakening experience can be very intense for a few people. They may feel a sudden surge of energy in their body. The vibrations may be very intense. They may also feel a sudden sense of fear. If there is any such experience, you do not need to worry. You can simply open your eyes and get out of this state. Everything that you experience is only happening at the energy level. The physical manifestation of this process is minimal in this state. There is no reason for you to be alarmed.

Technique 2

Trataka Meditation

Trataka meditation is a part of a yogic practice called the 'Hatha Yoga'. The literal meaning of the word '*Trataka*' is "to look or gaze." The practice of this meditation is also as per its name. You need to gaze at a particular point for a long time to activate the third eye. You can do this meditation with your eyes open or closed. The purpose is to look deep.

It is a meditation practice that helps in attaining unwavering focus. It helps your mind in becoming still. Your incessant thoughts come to a standstill. The mind chatter ceases to exist for the time being.

Before we move any further with this practice, it is important to remind you that it is a very powerful practice. This meditation can activate your third eye and develop psychic powers. It also has its dangers that need to be kept in mind.

Gazing at a point for very long can cause pain or discomfort in your eyes. You can also get a headache that must subside before continuing. If it persists, you must stop the practice.

The power of the third eye at times can become too much to handle. If you are not really prepared for it physically and mentally, it can take a toll on you. Therefore, if you start feeling pain, discomfort, numbness, or any other such problems that persist, you must stop the practice. People can also face a loss of consciousness or dizziness. These should be considered as warning signs.

Open Eyes Meditation

- The procedure of Trataka meditation is very simple.
- Sit on the floor in a cross-legged position or you can even sit on a chair.
- Keep your back straight. However, it isn't important to tax your back. You can have back support if you want, but never use headrest.
- Do the breathing exercise for a few minutes. This will help you in relaxing.
- Close your eyes and relax your mind.
- Relaxing your mind is very important before any kind of meditation as it is important for success.

- Once your breathing and heart rate is stable, you can open your eyes.
- You will need to focus on a particular point like the flame of a candle, a small dot, or any other point in front of you.
- Look at the point of focus with attention.
- Keep breathing in a rhythmic manner and remain aware of your breathing.
- As you gaze at the point for a while, you will start to see a difference in color, numbers, and point of focus.
- You shouldn't be affected by such things. You simply need to gaze at the object.
- Once you are no longer able to keep your eyes open, close them gently. You will see the mental image of that object at the center of your forehead.
- This is the point of your third eye.
- This meditation activates your third eye. However, you will need to repeat the process several times.
- Some details may be missing, but an aura of the object will be there.
- Try to focus on the object with your eyes closed.
- After some time, open your eyes and focus on the object again. Repeat the process again.
- When you close your eyes again, you will be able to see the object with greater definition. Your power to perceive things with eyes closed increases with practice.
- You can repeat the process three to four times as per your comfort. This process activates the third eye.
- Remember if you start feeling sharp discomfort, you must stop doing it. Sometimes the chakras get activated vigorously, and that can cause problems.

Closed Eyes Meditation

- Start with the breathing meditation.
- Relax completely.
- Now close your eyes and bring your focus to the center of your forehead.
- Slowly start counting backward from one hundred.
- You will experience a quiet mind.
- There might be some strain in the area of the focus.
- A little bit of strain is normal and part of the exercise. It will soon dissipate.
- You may experience walking in a dream state.
- You will need to maintain your focus on the point you have chosen.
- Remain in this state for as long as you feel comfortable. A duration of ten to fifteen minutes is ideal, but it may vary from person to person.
- After some time, you can remove your focus that point and try to feel your surroundings with your eyes closed.
- Keep breathing in a rhythmic manner.
- You can open your eyes after some time.

This exercise will help in activating your third eye. Your eyes will feel healthier and your focus would get sharp. Regular practice of this meditation will also help in the development of psychic abilities.

People who practice this form of meditation develop amazing abilities to see things that are happening around them. Their perception rises above the physical.

Technique 3

Third eye activation through the open portal technique

Our body has several pressure points. These pressure points help in the flow of energy. You can unblock the flow of energy by simply applying some pressure on these points. The open portal technique works on this principle. Various healing practices like acupressure and acupuncture also make use of these pressure points.

To activate your third eye through the open portal technique, you will have to stimulate the area of the third eye.

Before you begin this technique, you need to understand that sometimes the flow of energy can be very intense. If you feel a sudden and uncontrollable surge of energy, you should stop. This can harm you mentally and physically. The open portal technique helps you in opening up your third eye chakra and feeling the energy all over your body. The energy travels from your toes up to your crown and activates all your chakras.

The process

- Lie down on the floor or any flat surface.
- You need to be very relaxed and calm.
- Fear or too many thoughts can muddle your thinking process and the energy flow.
- Follow your breathing meditation for a few minutes to relax completely.
- Close your eyes and lie still in a quiet state of mind.
- With the index finger of your right hand, rub the third eye chakra point.
- It lies above your nose bridge. Place your finger slightly above the midpoint of your eyebrows.
- Now start moving this finger in a clockwise direction for about thirty seconds.
- Do it slowly and remain conscious of the flow of energy.
- Moving your fingers in a clockwise direction at this point will activate your third eye chakra.
- With your eyes closed, try to roll your eyeballs a bit

upward.

- You will be able to feel the swirl of energy arising at this point.
- Inhale from your nose and exhale from your mouth.
- Exhales should be longer than inhales.
- You will feel energy moving upward from your soles.
- Try to feel the movement of energy in your body.
- Your body is an energy powerhouse. This process helps in the concentration of life energy at one point.
- You will feel that the energy rising from your feet activating all the chakras in your body.
- With every inhalation, the energy will rise from your feet and travel through your body.
- Exhalations will make the energy settle in your third eye chakra.
- You will need to repeat this activity thirty-three times. This means thirty-three inhales and an equal number of exhales.
- This exercise activates your third eye chakra instantly.
- You will be able to feel the glow of energy clearly at your third eye chakra point.
- You will need to repeat this exercise every morning when you get up and at night before sleeping.

This is a very powerful technique. You must exercise extreme caution while performing it, as sometimes the swell of energy is hard to handle for people. If you feel fearful or overwhelmed, you should try to activate your third eye chakra with other meditation techniques that allow the resurgence of energy in a controlled manner.

This technique increases your sense of awareness and also improves your cognitive abilities. It is also useful for bringing a balance of energy among all the chakras, as a smooth transition of energy takes place several times. You will feel sharper and clearer throughout the day if you use this technique daily.

Technique 4

Using sounds to activate your third eye

While the third eye is a metaphysical eye, the pineal gland is a physical organ. It is a gland that helps in the activation of the third eye. By activating the pineal gland, you can speed up the process of third eye chakra.

There are several ways through which you can stimulate the pineal gland. Decalcifying the pineal gland and following a healthy diet is a great way to have a healthy pineal gland. However, you can also stimulate the pineal gland through the reverberations of sound. This means that if you practice breathing meditation and do some simple chanting, you can stimulate the pineal gland. This will not only activate your third eye chakra but will also fill you with great liberating energy.

This process produces amazing results. You will feel happier and more satisfied. It is one of the best ways to achieve a state of blissfulness. However, you must not rush through the process. Give it due time to blossom.

Your pineal gland remains calcified for most of your life. A high amount of fluoride in the water and an unbalanced diet can have a serious impact on the pineal gland. Due to this, the pineal gland in most of us remains calcified our whole lives. We all have the ability to use our third eye, but we are never able to feel its power.

The third eye activation takes place in two stages through this technique. You will need to allow time for your body to adjust to the changes. The process is very simple and has very few side-effects.

The First Stage

- In this stage, you need to sit in your place of your meditation.
- Relax and leave all your worries.
- Take a deep breath through your nose and hold the breath in your lungs.
- You will have to hold this breath as long as you can without causing any discomfort.
- You will be exhaling this air through your mouth, but it would not be a simple exhale.
- Without opening your mouth, part your teeth a bit. Place

your tongue just above the parting of the teeth.

- As you let the air our, the sound of ‘th’ should reverberate.
- It should create a long vibration saying th-h-h-h-o-h-h-h.
- You will need to do this five times consecutively on the first day.
- Take as deep of breaths as possible.
- Hold them for the longest time possible.
- Give your lungs their required exercise.
- Exhale for all the way as slowly as possible. The sound of ‘thoh’ should reverberate in your mind.
- You will need to repeat the same process again after a gap of twenty-four hours.
- Beware, do not rush the process. Give your body the time to absorb the vibrations.
- Again, repeat the process after a gap of twenty-four hours the next and the day after.
- You need to do it for three days consecutively.

This process creates some very strong vibrations in your body. Your pineal gland gets stimulated. You may feel some temporary distress signals like a headache, pressure on the forehead, tingling or throbbing sensation, or even goosebumps. However, there is no reason to worry as these symptoms will subside very soon. Some people also report hearing crackling or popping sounds inside their heads. If you are facing any such symptom, then it means that your third eye is getting activated.

The best time to do this procedure is at night. You may feel tired or want to sleep after the process, and that may not be possible in the day. This can lead to headaches and discomfort. Practicing it at night or after work would give you ample time to rest.

This is also a very powerful process and has some amazing effects on your cognitive abilities as well as psychic powers.

You should give yourself a time of at least a fortnight (two weeks) before beginning the second stage. Remember that third eye activation starts in the first stage itself. The second stage will increase the effects and induce feelings of blissfulness.

- Sit down and relax.
- Do the breathing meditation to calm yourself.
- Take long deep breaths to soothe your mind.
- Allow yourself a few minutes of deep breathing.
- Now close your eyes and slowly put your focus above your eyebrows where you feel the sensation.
- You must probe the area through your focus. Try to look deep inside yourself.
- Now, take a deep breath from your nose.
- Hold it as long as you can like earlier.
- Now, release the air slowly while making the reverberating sound of M-a-a-a-a-a-a-a-a-a-a-a-a-a-a-y.
- You must feel the reverberations traveling to your third eye position.
- You may also feel an explosion of light.
- You will need to repeat this process four more times.
- This stage completely activates the third eye chakra and your energies start hitting the crown chakra, which is the seventh chakra.

You may have an “out of this world experience“ after completing this stage. Your third eye gets activated, and you start feeling blissful.

Chapter 13: Meditation — The Way to Keep Your Third Eye Active

Third eye activation is only the first part of the process. Activation alone does not give you any special power, sense of perception, or higher consciousness. You will have to develop these abilities with the help of the third eye. The third eye facilitates the development of these powers once you learn the way to channel its powers in the right way.

The age of the internet has started touting third eye activation as the ultimate goal. It isn't something that you acquire from outside yourself. The third eye has always been inside you. Every person in this world has the pineal gland. It remains calcified in the majority of us as we never pay attention to it, but it is never absent. Anyone with the will to activate the third eye and the right motivation can do it by following the process.

The important part is to make the activated third eye useful in real terms. Your third eye can give you immense power, psychic abilities, and intellectual enlightenment. It can help you in connecting with the universe in real terms. You can increase your sense of perception to unimaginable levels. Seeing beyond what's visible becomes normal for people with an awakened third eye. Their sixth sense becomes highly active. Their intellectual prowess reaches great heights.

An awakened third eye will help in balancing all the other chakras in your body. A harmony in the chakras will bring health and stability in life. You will feel content in life and prosper.

The only way to achieve all these things in life is to activate the third eye and work on it. The powers of the third eye need to be harnessed. It is the seat of the soul. It is the center of all your powers. The energies inside you can make you do amazing things. However, we often keep on living a mediocre life because we are not able to harness this energy in the right way.

Practice, practice, and more practice is the only way to get the best out of your third eye activation. If you are lucky, you can activate the third eye instantly. Some people are so fortunate that their third eyes get activated automatically. Near death experiences, traumas, and accidents can also unintentionally activate the third eye. Even pregnant women and nursing mothers also have a very strong sixth sense as they become fiercely protective of their child. However, such people are never able to make full use of this gift, as they never hone its powers. They never work on it

consciously. Regular meditation practice is a way to keep your third eye awakened and improve your sense of perception. It doesn't take a lot of your time or effort, and the returns are amazing. Meditation will make you calm and relaxed. You will feel more energetic and will have better cognitive abilities. You will remain protected from the influence of negative energies, and your psychic powers will increase.

Meditation doesn't consume resources. It does not cost anything monetarily to develop your abilities. You can devote some time on a daily basis, and your hold on the powers will keep increasing. You will also feel a stronger connection with your inner self. You will feel more grounded and blissful.

Best Time to Meditate

Meditation is a practice of gazing inside yourself; hence, there is no restriction of time. You can meditate whenever you want. If you have the time and want to meditate in the afternoon, do go ahead with it. However, meditation in the morning and evening works best for the majority of people.

Morning meditation helps you in gathering your thoughts. It keeps you calm, composed, and collected. You will have a better hold of situations during the day. You will be able to think better and even manage stress and anger with excellence. People working in stressful environments must meditate in the morning. It doesn't have to be a long and strenuous session. Even short meditation sessions can immensely help you in sailing through the day effortlessly, and they also help in improving your psychic abilities.

Evening meditation sessions are great stress busters. You cannot exercise any real control over the way the world behaves. From traffic as you drive to the manner in which your co-workers behave, everything is beyond your control. Our work days are getting more and more stressful and demanding. Pressure builds inside you the entire day. Evening meditation sessions can help you in releasing this buildup of negative energy inside you. You will feel distressed and will have a decluttered mind. You should have some time that's completely yours.

It is important to take time for meditation on a daily basis and make it a routine. Your sense of perception and psychic abilities will keep on improving if you meditate on a regular basis. You will notice a considerable difference in the way you see the world when you meditate regularly.

The Preparation

Meditation is a soulful activity. It will help you in interacting with yourself and other energy forms. You must always meditate in a relaxed way.

Before starting your meditation sessions, always clean yourself. Even if you are already clean, wash your hands thoroughly under running water. It helps you in feeling energies more efficiently.

Meditate at a fixed place in your home. When you meditate at a particular place, the accumulation of positive energies begins. Practicing meditation at the same place helps in the concentration of such energies. It always thwarts the danger of negative influences. Doing meditation in the same place also helps to build your focus faster. The frequent need to adjust ceases to exist. You feel more comfortable and aligned at that place.

Keep the room of your practice clean and clutter free. It is a simple yet very important thing. Clutter can cause a distraction. If the room is clean you will be able to build your focus faster.

Meditate in comfortable clothes. Restrictive clothing will keep distracting you. If you are feeling cold, wear warm clothes. While meditating, you can start feeling uneasily cold at times. It happens at times and it is natural. Wearing comfortably warm clothes can resolve this problem.

During your meditation, you will try to achieve complete stillness. Your thoughts will become unwavering. Any external distraction like the ringing of a mobile device or other notifications can become a problem. Switching off mobile devices for a moment is always the best choice.

Sit with your back and neck straight. You can use a backrest for support, but do not use a neckrest. Keeping your posture straight is important as meditation also activates the five lower chakras in your body. Upright posture helps with a smooth transfer of energy. It also cures several ailments in your body. However, you must ensure that the position doesn’t become uncomfortable. If you feel discomfort, you can reduce the timing of the meditation and start to increase it slowly. With practice, you will be able to meditate for longer without feeling any discomfort.

Sit with a relaxed mind and bask in the glory of the light offered by your third eye.

The Process

- Close your eyes and relax.
- You must keep your eyes closed for the duration of your meditation.
- Whenever you want to come out of the meditation, you simply need to open your eyes.
- Take a few deep breaths.
- Deep breathing is an integral part of meditation.
- Focused breathing helps you take your thoughts away from this world and settle them.
- Breathing also helps in building your focus.
- Begin your breathing meditation.
- Open your mouth a little bit and take deep breaths.
- Try to feel the vibration of the air at the back of your throat.
- The friction created by the air at the back of your throat will create reverberations.
- Regular practice will help you in feeling the non-physical vibration.
- This initial phase should be maintained for around five minutes.
- Soon, you will have great focus, and you will be able to feel the vibration clearly.
- Once you have achieved stillness, you should focus on your third eye chakra.
- Become aware of the point above your eyebrows.
- Do not try to visualize or imagine anything.
- Simply focus on the point while breathing deeply.
- The vibration in your thoughts will start reaching the point of your focus on your forehead.
- You need to continue this phase for five to ten minutes.

- Random thoughts will start dissipating.
- Even if some thoughts arise, simply push them aside and focus on the vibrations.
- You will feel a tingling sensation in your forehead.
- Now you should look for the light at this point.
- Do not try to imagine or visualize light.
- Try to look for light that comes naturally. It may appear in the form of fog or clear light.
- When the light appears, connect it with the vibrations you are feeling in your throat.
- As you practice, this light will start becoming clearer.
- Your prime focus at this point should be to see this light clearly.
- The light will become intense and start spreading in other parts.
- This is the light of the third eye. It will amplify your sense of perception.
- This light will travel to all your other chakras.
- It will open the doors of higher consciousness.
- At this point, you should become clearly aware of the light.
- Try to look deep into the light.
- See the colors in the light. Look for the indigo rays.
- The colors may appear purple, dark blue, or even get darker.
- You simply need to become aware of the colors.
- Continue the meditation in this phase for five to ten minutes.
- You may lose track of time and space.
- It is natural. Time becomes inconsequential in this state.
- Simply keep exploring until you reach the next phase.
- Initially, you must focus on gaining clarity.

- As you become accustomed to this light, the expanse will start getting deep.
- You may experience spinning of the light. It may take the form of a vortex.
- Do not try to imagine the spinning movement.
- It will happen at its own pace.
- The spinning will intensify with time. It may take you in dark tunnels.
- This is the deep space within you. Do not be afraid of this darkness.
- This is your inner depth. It will transport you to greater consciousness.
- This is the stage of a quiet mind. You can remain in this state for as long as you want.
- All the feelings of discomfort, pain, or pleasure cease to exist beyond this point.
- This is a point beyond time.
- This is the point you need to explore. This journey will bring real consciousness.
- Your psychic abilities will increase several times through this journey.
- This is the point of stillness.
- You become steady and still.
- You do not need to remain aware of anything at this point.
- Your breathing or consciousness become immaterial.
- Simply concentrate on the darkness.
- Become aware of the path on which it takes you.
- Keep traveling with it.
- You do not need to exercise any kind of control at this point.
- You can see everything clearly. You can see yourself as an outsider now.

- Your consciousness becomes greater than you.
- Remain in this phase for as long as you want.
- You can see everything even with your eyes closed now.
- The energy in your body will start moving smoothly.
- You can return whenever you want.
- Simply bring your focus to the point of light on your forehead to return.
- Become aware of the things happening around you.
- Become aware of your breathing.
- Listen to the sounds around you.
- Breathe deeply and do not open your eyes immediately.
- Give yourself some time before you open your eyes.

This third eye meditation will open up new dimensions for you. You will be able to experience new energies. You will see the depth inside you. You will experience the real flow of energy inside you. Your sense of perception becomes so effective with practice that you can see everything else in slow motion.

The third eye opens up new dimensions within you. Your worldly experience matures. Your spiritual experience reaches new heights. You will feel more content and blissful.

A meditation session should ideally last between thirty to sixty minutes. However, you can meditate for as long as you want. If you feel a shortage of time, you can keep your sessions short. The important thing is to make the meditation sessions a routine.

You can also use the humming sound to build your focus fast. Remember that the initial few minutes of the meditation sessions are only to bring you into the state of consciousness and stillness. The faster you are able to relax and focus, the longer your time of meditation will get.

Chapter 14: Seven Things Holding You Back from Awakening Your Third Eye

There are several things that can hold you back from opening your third eye. The first, and the foremost, thing is the calcification of the pineal gland. As we have already discussed, the pineal gland is very important for third eye awakening. It is the physical location of the third eye. If your pineal gland is calcified, you will face problems in raising your consciousness to the next level or developing psychic powers.

You will need to avoid fluoride consumption in all forms. You should also stay away from harmful chemicals and base metals in your food items.

However, these are not the only things that stand in the path of your third eye awakening. Your mind, habits, and rigidity can prove to be major roadblocks in the way of your success.

Some major hurdles in the way of your third eye awakening are:

1. Giving Up Easily

One of the biggest problems in achieving anything significant in life is the attitude of giving up easily. This is a fast-paced world, and things have become a bit too easy. You can obtain a majority of material things just by ordering them. However, it’s not that easy when it comes to developing abilities. You need to work persistently and remain patient. If you raise your expectation levels too much and start expecting fast results, you may end up being frustrated very soon. It is important that you remain steadfast and keep working on your abilities. The power is within you, and only you can harness them with your perseverance.

2. Oversimplification

If you have a simple perspective of black and white, then you may find it difficult to open your third eye effectively. This world has a great amount of grey. We must often read between the lines. It won’t happen that one day your third eye pops open and you start seeing ghosts walking around you. If you keep waiting for that moment, it may never come. People with such tendencies fail to work on their power of perception. You have to start looking for signs, and work on enhancing the power of understanding those signs. Do not oversimplify this complex world.

3. Wasting too Much Energy

When your third eye starts opening, a lot of energy exchanges place. Your

internal energy starts interacting with the energies around you. It may not interact only with positive energies. This can be a pretty exhausting experience. You may not feel it directly, but it can lead to disappointment. There is something in us which starts telling us that the whole activity is futile. You need to be strong to handle this intense energy exchange. You must focus on the right things and not let your mind stray. If you allow your mind to stray, you will waste a lot of energy and end up feeling exhausted. In such cases, you will never come to know that your third eye was open and working.

4. Getting Lost

People easily get lost once their third eye starts opening. They start mixing reality with imagination. Either, they start trying too hard or do not make the right attempts. The third eye is not the power of imagination. It is a point where you will need to make a distinction between fact and fiction. Do not imagine things. If you rely heavily on emotions and desires, you will never be able to focus in the right direction. It is important that you remain aligned. Your aim should be clear, and you must not make things up in your mind.

5. Rigidly Rational Attitude

Being skeptical is a good thing. It prevents you from falling in traps. However, there are areas where this rationality doesn’t work. The third eye opens a new dimension about which you know nothing. You can’t prove or disprove anything of that dimension as you have no knowledge about it. If you start dissecting it with the knowledge of this world, you will develop inaccurate conclusions. To open your third eye, you will have to open yourself to new experiences.

6. Ignoring Messages from Your Own Body

When your third eye starts opening, you will get messages from your body. You will need to listen to those messages and make adjustments accordingly. If you fail to do so, you may not be able to adjust to this new reality. Do not ignore the messages from your own body. Try to feel even the tiniest changes. The more you listen to it, the more you will respond to your opening third eye.

7. Distractions

The human mind is very powerful and has infinite capabilities. However, this powerful mind can become self-destructive when it is not focused in the right

direction. Distraction is one thing that can harm your goal of gaining true insight. People start looking for powers and abilities even before they have started walking down the path. This will only cause desperation, and will not lead to the development of any kind of ability. Your third eye will never open fully if your approach would remains limited.

Chapter 15: The Dangers of Opening Your Third Eye

Opening the third eye isn’t a small change. It is a significant event. It leads to a total shift in your consciousness and that has its side effects. It is understandable that several changes will start to take place in your mind. Some changes are at the level of your consciousness, and others are physiological. Our body is designed to resist change of any kind as it becomes alarmed. Therefore, before your third eye gets fully active, there will be some minute physiological side-effects like a headache, pressure on the forehead, tingling sensations, or even a migraine. You need to know how to deal with them.

Some changes also take place on the level of your consciousness. Seeing shapes, fear of the unknown, having vivid dreams, getting frightened, and feeling the presence of some entities are only a few of them. These things are a part of having an awakened third eye. You will have to learn to deal with these things and not be scared of them.

Potential Problems and How to Deal with Them

Headaches and pressure on the forehead

It is common for people to feel pressure on the forehead while they try to activate the third eye. It happens as you are putting a lot of focus on one point and trying to redirect your life energies to that point. Such headaches or pressure will not last long. However, for some people, the pressure can last for hours after they have finished their meditation. If you are also feeling something like that, then you shouldn't become alarmed. In the initial phases of third eye awakening, such things do happen. In fact, it is a clear sign that your third eye is getting stimulated.

Tingling sensation

You can also feel a tingling sensation on your forehead, as well as in other parts of your body during the process. This sensation can last for hours or even days after you are done with the process. However, this is also a temporary phase that ends very soon, and there is no reason to get alarmed.

Migraines

Migraine headaches can be a real problem. They can put you in some real pain. Such headaches last for a bit longer. If you are certain that the headache you are experiencing is due to your meditation and you haven't had it in the past, you must consult your physician. Not paying proper attention can aggravate the pain.

Seeing strange shapes

Many people start seeing strange shapes soon after their third eye activation meditation. There is no reason to get alarmed if you are also in that category. Meditation involves concentrating for long periods of time with your eyes closed while looking for light. This sometimes creates images in your mind. Most of the time, it is an image of an eye or light shapes.

Vivid dreams or nightmares

Vivid dreams and nightmares can be concerning for many people. When you activate your third eye, your mental vision gets strong; it can lead to such dreams. Although it has no other danger, still some people start feeling restless and have difficulty in sleeping. If you are experiencing this problem, try to calm your mind. When your thoughts are running too wild, such dreams become vivid and frequent. Meditation is the only cure for such dreams. Try to calm your mind and think only about positive thoughts. Such dreams are caused by an excessive accumulation of negative thoughts.

Third eye activation is a powerful tool to have better mind control and to help you avoid being controlled by it. It will empower you to use your mind as you desire. However, third eye awakening is not for everyone. If you have a weak mind and heart and have given to addictions, you should stay away from third eye activation.

You Shouldn’t Try Third Eye Activation If:

You have a strong fear of the unknown

Fear is a natural phenomenon and we all have a fear of something. Ghosts, spirits, and other such entities can frighten anyone, and if you have a normal fear of such beings, then it can work for you. However, if you are too scared by such thoughts, then you should stay away from third eye activation until you have some reasonable control over your fears. Proceeding without caution will only increase your paranoia, and you will become restless.

You are already suffering from Schizophrenia

Schizophrenia is a serious mental condition where you keep switching between conceived realities. Practicing the third eye meditation can be dangerous with such a condition; you will end up adding more layers to an already complex situation. People with schizophrenia can start demonstrating strange symptoms. It is highly advisable to such people not to enter this dimension.

You have given to the addiction to drugs: psychosis and permanent hallucination

Any kind of addiction is bad when you are practicing third eye awakening. Addictions can complicate your mental state and cause problems putting your focus in one direction. Drug and other such addictions can be very dangerous. If you are mixing third eye meditation with drugs, the result can be even worse. Psychosis and permanent hallucination can become a reality for you. The treatment of such conditions may be difficult, and you may never come out of the state. You should always avoid mixing addictions with third eye awakening.

You want to use the third eye for establishing a connection with spirits

Some people believe that they can use the powers of the third eye to talk to the spirits. Although it is a possibility, you must never do so. The full realm of the spirits and energies is unknown. We are only an insignificant part of this energy system. Meddling with energies that are beyond your knowledge spectrum can be dangerous. You have no way to gauge their power. Use the third eye awakening only for good and positive things. If you start interacting with ghosts and spirits, you may attract powerful negative energies and may never be able to get rid of them.

You have not researched well

Entering into anything without learning about it deeply can be dangerous. If

you are thinking about third eye activation, you must do your research well. Do your homework and learn what the process involves. Ensure that it meets your goals. Only then should you enter this realm. Otherwise, you will end up wasting a lot of your time and energy on a futile quest.

Chapter 16: The Biggest Mistakes People Make When Trying to Activate the Third Eye

If there is something worse than not doing something, then it is doing it in the wrong way. The same is true for third eye activation. If you are trying to awaken your third eye and doing it incorrectly, then you are up for some pretty bad experiences. Third eye awakening is a powerful practice that must be done carefully and with great dedication.

If you are looking for quick results or instant gratification, then you will be stepping in the wrong realm. Some people keep trying but never really have any luck with their third eye activation. It isn't that the third eye is not present in them, it seems that they are improperly looking for something. Not understanding the signs or misinterpreting them can also lead to failure or desperation.

The following are some of the mistakes people make while trying to activate their third eye. You must avoid them.

Indulging in Misinformation

TV, media, and internet are great tools for spreading misinformation. They have a knack for making a mountain of a molehill. They can make you believe absurd things that may lead to desperation in the end. Before you begin your third eye activation, you must make yourself aware of the things you are going to encounter on your way. Do not expect too much or too little. Judging the gap clearly always prevents falling in it. Do your homework properly before you embark on the journey of activating your third eye.

Lack of Trust

Trust is a very important factor when you go on any journey, especially the ones involving adventure. Third eye activation is an adventure trip like you have never taken. To experience it, you must have trust in yourself and your instincts. You must not distrust anything that you see or feel while you are trying to activate your third eye. You must also give proper importance to the changes you experience on the way. Remaining conscious of even the smallest of events is very important.

Lack of Purpose

People who lack a clear purpose for activating their third eye will face failures. Activating the third eye is not a walk in the park. You can't shake it off as you do with other things. It starts some irreversible processes. You must have a definite purpose for activating the third eye. Only then will you

be able to judge the amount of success you have achieved in your pursuits. If you are not looking for something specific, you may not find anything at all.

Lack of Technique

Following a proper technique is very important for activating the third eye. Third eye activation may look like an undefined path. The journey inside doesn't have a definite route, but using the right technique is very important or you can start feeling lost. Pick a technique that suits you the best, and please follow it carefully. Do not keep changing your methods or you may not achieve anything at all. Remain regular in your practice and do it with great devotion. People who take this lightly end up wasting their time.

Trying too Hard

Do not try too hard. Those who want quick success often start trying too hard in the beginning. It may lead to desperation or your mind will start cooking up false stories, and both will lead to failure. When trying to activate your third eye, focus on the technique and let things happen on their own. Do not try to force your mind to think in a particular way or imagine things. Overdependence on visualization will lead to the framing of false notions in your mind. You may start viewing things that you want to see without actually having achieved anything at all.

Stop Looking for the Wrong Signs

You must look for the right signs. Some so-called experts have attached some wrong notions with the third eye activation method. They have made people believe that third eye activation will only happen if they get specific signs. This is inaccurate. Look for the subtle changes taking place inside you. Trust your instincts and take a lead. Do not go by the wrong notions. Your experience with third eye awakening may be totally different than others. If you keep looking for the experiences of others you may never feel satisfied.

No Instant Results

Third eye activation is not similar to ordering anything on the internet. It doesn't happen instantaneously. Even after your third eye has awakened, you may not be able to see a significant change for a very long time. Honing your abilities takes much longer than that and requires a lot of practice. You must pay a great attention to this aspect.

Not Enough Practice

This is a continuation of the previous point. You will need to practice your skills for quite some time to have measurable results. Even if your third eye is active, it will not give you significant results if you fail to practice it

regularly. You have to train your mind to look in the right direction. Your mind must learn to recognize the signs. It must learn to look at things with better insight. All this will only happen when you practice regularly. Make meditation a part of your schedule. Do not miss it or give excuses to yourself. By doing so, you'll only be bringing failure to your pursuit.

Avoid Overpublicizing Your Efforts

The journey to awaken your third eye is a personal quest. It is a long journey, and the ride is never smooth. You must avoid talking about it to your friends. Such discussions spark negative criticism and envy. You may start getting labeled or ridiculed, and it may lead to doubts. Keep it to yourself, and keep practicing. It is one of the best ways to preserve your positive energies and get better results.

Chapter 17: Five Myths about the Third Eye and Reasons the Media Wants You to Stay Asleep

It isn't uncommon for people to get wrong notions about things that they don't understand quite clearly. In the past, people who understood the powers of the third eye rose to the upper ranks of the society pretty fast. The third eye empowered them with greater intellect, wisdom, and foresight. The power to see better than the others is a gift that can help you in many ways. People in power often want to stay in power and need people to dominate.

This is one of the reasons that society is so ignorant about the concept of the third eye. There is evidence and symbolism that clearly state that all civilizations and cultures knew about the concept of the third eye.

The pineal gland is similar to the shape of a pinecone. We see that ancient civilizations couldn't have had scientific knowledge about the importance of the pineal gland in our body. However, they did understand that this gland has the ability to do some pretty amazing things. There is no other explanation for depictions of the pinecone as the third eye across all cultures.

Ancient Egyptians preserved the pineal gland separately during the mummification process. They wouldn't have gone to such lengths if they didn't understand its significance. Even their arts and artifacts have a clear depiction of the third eye. Egyptian civilization was thought to rely too much on mystical powers, and they achieved some exemplary feats in their time.

Greek Gods are also shown carrying a pinecone in their depictions. Arts and artifacts of the time use this symbolism heavily.

The same goes for the Babylonians. Babylonian gods can be seen holding pinecones.

Eastern cultures also demonstrated that secrets of the third eye were known to them. Both Hindu and Buddhist traditions show that they knew about the third eye. Shiva, one of the most prominent deities in the Hindu traditions is depicted with a physical third eye. It is said that he can see the past, present, and future with this eye. Followers of this faith also believe that Lord Shiva can open this eye to nurture or destroy this world.

Buddhist culture treats the third eye with great reverence. It believes that the third eye is the source of higher consciousness. This culture has always given incredible importance to freedom from the cycle of birth and death. It believes that the primary goal of life is to achieve 'Nirvana,' i.e., freedom from the cycle of life. The Buddhist culture believes Nirvana can only be

accomplished if you do not have ‘Karma’ behind you that tie you to the world. They believe that higher consciousness can help them in achieving this state.

We see that most cultures in the world have known about the third eye for many, many years. Although they did not have any means of communication back then, their depictions and beliefs are similar. This means that some people across all these cultures had the knowledge of the third eye.

The secret of the third eye has remained guarded among cultures because people who had unlocked the secret either didn’t want this power to get into the wrong hands or wanted all of the power for themselves. The third eye opens up the mind of the practitioner. Once your wisdom expands, you wouldn’t remain a follower and instead become a leader. This might be one reason why the power of the third eye was kept as a secret.

People in powerful places want others to follow them. This can only happen if the people in the lower strata are in a struggle to survive. Our world runs on the mechanics of power. The people on the top often try to control power with their own hands. This is one main reason why education was restricted only for the upper class in the past. Even the Holy Bible was written in a language common people didn’t understand. Only matters that helped keep them under control were fed to the people.

The same has been the case with the third eye. Powerful people in the world knew about the powers of the third eye – and have been using them. But the secrets of the third eye were never revealed to the common masses. People only came to know what bits trickled from the top in the form of gossip. It is projected as a power that can cause great harm. It is also said that activating or controlling the powers of the third eye is not possible for everyone.

Most of these beliefs do not have any merit. We will now discuss five myths about the third eye and the truth behind them.

1. Everyone cannot have the power of the Third Eye and it is closed in most of us. Only a chosen few can open it.

This is one of the biggest lies you could believe. The third eye is in everyone. The pineal gland is the physical location of this metaphysical eye. We all have it. It is a gland that performs several important functions in your body. Without the pineal gland, you would be in a pretty sorry state. You would have no sense of happiness and would have erratic sleep and wake patterns. The pineal gland regulates the circadian rhythms of your body and tells your

body about day and night. Our third eye is not completely closed. We all have the power of intuition, and this shows that the third eye functions in all of us although not with great accuracy. So, the first part of the myth is baseless. We all have the physical gland necessary for proper functioning of the third eye. You can activate the third eye and use its full potential. For opening the third eye, you do not need to be a special individual or an incarnation. Any individual who can devote some time and meditate can open the third eye.

The only thing required to open the third eye is dedication. You will have to follow the path of meditation and polish your powers. The pineal gland is present in all of us, but the power of higher consciousness, intuition, and foresight need to be practiced. Meditation will enhance your ability to experience these powers. You can do this irrespective of class, race, or religion. The concept of the third eye is not religious but spiritual.

2. You need others for opening your third eye.

The third eye is inside you. If you want to open your third eye, you may not need anyone for that. If you simply make up your mind and start working in the right direction, the powers of the third eye will become strong in you. Teachers, people with already honed psychic powers, and the enlightened beings can help you on your path. However, if you believe that it is a power that can be given to you by someone, then you are seriously mistaken. If someone has been telling you so, you are being misled.

You will certainly need dedication and devotion to open your third eye, but you do not need others. If you want to open up your third eye, then learn the ways to do that and move ahead on the path.

3. Some people can open your third eye instantaneously.

The third eye is not an implant that needs to be placed inside you. It is a physical gland that is already inside you. The psychic part of the third eye is inactive in most of us as we do not use it very often. But that doesn’t mean that someone could simply flip a switch and open your third eye. It is your own consciousness and you need to cultivate it. If you give it proper attention, then you can open your third eye easily.

It may take some time and you may not experience anything exemplary in the beginning. You will first need to activate your third eye and then would have to work on increasing its powers. It is similar to pumping iron in the gym. The more you work on it, the better you get. A good teacher or coach can

help you in building the body faster but can’t do the muscle building for you. Some people can activate their third eye in the first session itself, and others reach that point a bit later. Nevertheless, anyone who wishes to open the third eye will be able to do so.

4. The third eye is evil in nature.

No power is good or evil by nature. It is the way that power is used that determines its nature. The same goes for the third eye. You can develop several psychic abilities with the help of the third eye. If used in the right way, those psychic abilities can be helpful for people. However, they could be used to harm others or for nefarious motives. Such actions will have consequences for the initiator, too.

If one starts using the powers derived from the third eye for evil things, an accumulation of negative energies begins. It will have a strong impact on your personality and thought process. You wouldn’t remain the same person. Judicious use of such powers is very important.

5. You must feel a certain way to know that your third eye is active.

There can be nothing farther from the truth. The internet displays wrong notions that if your third eye awakens, you will have specific types of experiences. This is like taming the untamable. The third eye opens the doors of another dimension. The possibilities are unlimited. Your experiences can vary considerably. You may not feel things like others have told you and yet feel euphoric.

Actual third eye experiences will vary from person to person. When your third eye opens, you will start feeling the differences in your thought process. Your mannerisms will start changing. Third eye opening will not mean that you’ll instantaneously gain psychic powers. Even after your third eye has awakened, you may not feel anything different at all. It is only after regular practice that you start feeling the difference in your level of perception and awareness.

Chapter 18: Frequently Asked Questions

Once activated, does the third eye remain open forever?

Activating the third eye is an intense process, and keeping it open is not an easy thing either. It is something that requires constant work. You will need to practice the art regularly. The third eye works as another brain inside you. You will need to train it to see the things that are of use to you. If you want to develop some psychic abilities, then you will also have to train yourself to sharpen them. This all doesn't come effortlessly. You will have to put in a lot of effort to master the skills. Train your mind to look into the abyss. If you stop practicing, the third eye doesn't remain very effective. You will stop having psychic abilities.

Can we close the third eye?

Yes, you can use the third eye closing meditation to close the third eye. Although, the need to close the third eye seldom arises, it is possible to close the third eye through specific meditation if you are facing some problems in the path. If you stop practicing for long, you start losing the psychic abilities and the third eye becomes dormant. So, it is a matter of personal choice, but it is very much possible.

Can ghosts and spirits be encountered while the third eye is active?

The short answer is: yes. Third eye awakening leads to higher consciousness. Your sense of perception increases greatly and you may be able to feel the presence of entities around you. The vision also improves, and you may be able to feel the aura of other beings. However, if you want to avoid contact with such entities, you can increase the frequency of your vibrations. Ghosts, spirits, demons, and other such entities exist only at the lower level frequencies. If you keep the frequency of your vibrations high, you may not attract negative energies. Contact with these energies is always on the level of consciousness. You will always have the option to place your consciousness at the right level.

Is there an age restriction for third eye activation?

This is a difficult question to answer as there is no straight answer to it. The third eye is always present inside us in the form of a physical gland. So, we all have a third eye whether we like it or not. Third eye activation is not always voluntary. Young children usually have an active third eye. This is the reason they are able to sense negative energies better than adults. Even pregnant ladies have an active third eye for brief periods, and their power of intuition increases. Near death experiences or traumatic experiences can also

activate the third eye accidentally. Such people start having visions. So mother nature hasn't put an age on activating the third eye. However, it is advisable to activate your third eye only after you have attained some level of maturity. It helps in understanding your visions and also helps in fighting fear. Venturing into the unknown at a tender age can lead to negative impressions.

Is third eye activation dangerous?

This is a loaded question and it does not have a specific answer. The third eye opens the door of your inner consciousness. If it would be dangerous or helpful will depend on the way you think. You can make any kind of energy a force of destruction or a source of creation. What matters is the way the power of the third eye is utilized.

Individuals who have a negative mindset must refrain from activating their third eye as it can harm them. People who feel a detachment from this world should also refrain from activating their third eye as it can intensify their feelings. If you have an extreme fear of any kind, then you must also avoid activating your third eye as it can increase your fears greatly or may make them a reality for you. You wouldn't want to be in a living dream.

In simple words, the third eye will heighten your experience. Your fears will find an expression if your third eye is active. If your mindset is negative, then you may attract a lot of negative energies. So in these circumstances, activating the third eye is dangerous. However, if you are not facing such problems, you must activate your third eye for a better mind and higher consciousness. The third eye awakening experience will change your life. You would be able to see life in real terms. Your experience of this world will improve greatly.

How to handle visions?

This is a question which brings us to the domain of facts and fiction. If you are having visions that you want to handle, then you are really taxing yourself and you must give yourself a break. Overimagination will only harm you and do no good to you. Having visions is a common thing while practicing third eye activation, and people in the beginning phases do experience visions.

However, most of the time, it is their brain cooking up stories. The visions that your third eye shows you will have depth. You will be able to explore them to great extents and they wouldn't scare you. You will have control in that realm, although you will be walking in the dark. When you are imagining something, your mind runs wild. It starts fabricating things that are simply

impossible in the practical world and makes you believe their possibility. Do not fall into the trap of the visions shown by your mind.

Can I communicate with my loved ones who have passed away?

This is one of the main purposes people want to activate their third eye. If you are trying to do that, STOP!! You are trying to enter a world that's highly dangerous, and you will have no control over it. The loved ones who have passed away have left their bodies. They might not be the ones you once knew. Spirits can transform in many ways and become dangerous if disturbed. They may drag you down or influence you negatively. You will have no control in that domain; therefore, you shouldn't even try that. Doing this the wrong way and will either lead to false visions or attract harm. One should only activate the third eye for constructive purposes and to find the true meaning of this life and not for meddling with the other beings.

Conclusion

Thank you for making it through to the end of this book. Let’s hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

This book has been designed to help you understand the role of the third eye in your life and the ways you can activate it. There are plenty of materials available on the internet on this subject, but it creates more confusion than it helps.

This book intends to clear up some of that confusion so that you can achieve your goal of third eye activation in a fruitful manner in the shortest time possible.

The purpose of this book is not to teach you quick tricks, but to explain the reliable ways in which you can achieve your goals without wasting time.

It has been observed that although people embark on the journey of third eye activation with great zeal and enthusiasm, they end up frustrated and disillusioned. The reasons for their failure are not difficulties of the path, but a lack of attention paid to the small concepts, preparation required, and the protection they need to consider.

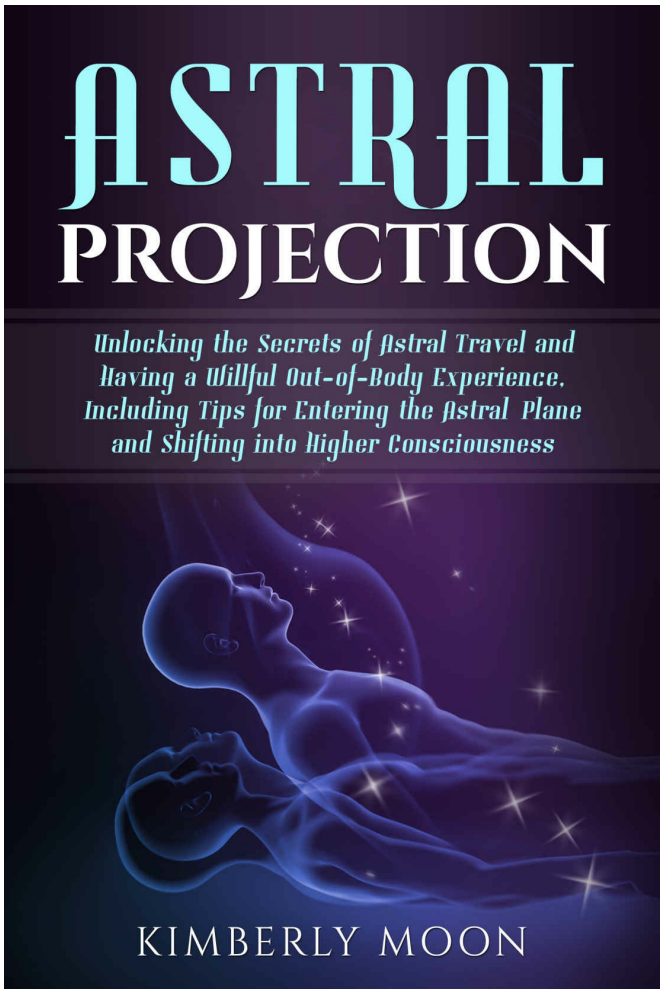
This book has tried to explain all the major concepts in detail.

I hope that this book will be able to clear your queries and help you on your journey to activate the third eye for a more fulfilling and enriched life.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!

Part 4: Astral Projection

Unlocking the Secrets of Astral Travel and Having a Willful Out-of-Body Experience, Including Tips for Entering the Astral Plane and Shifting into Higher Consciousness


ASTRAL
PROJECTION
Unlocking the Secrets of Astral Travel and Having a Willful Out-of-Body Experience, Including Tips for Entering the Astral Plane and Shifting into Higher Consciousness
KIMBERLY MOON

Introduction

In this book, you will learn the basics of the ancient concept of astral projection, or “Out-of-Body Experience,” in which a person willfully leaves their body. That is to say that the consciousness, or astral body, is capable of leaving the physical body and can actually move around as a separate entity. As human beings, we have the ability to initiate and control this experience (that is why the word “willful” is so important—this is a voluntary experience). All that is required is an open mind and the willingness to learn —to put aside what we think we know to allow ourselves to experience a higher degree of consciousness.

The following chapters will discuss what exactly astral projection is, what you should know before trying it, how to have the best possible experience, what may be keeping you from entering the astral plane, the downsides of astral projection, and Frequently Asked Questions. The goal is to help make sure you get all the knowledge you need before starting the fascinating practice of astral projection!

Chapter 1: What Is Astral Projection?

Before we can get started with astral projection, it is, of course, necessary to know just what exactly astral projection is. A good definition that we will use here, is that astral projection is a purposeful, spiritual out-of-body experience. That is to say, a person's astral body separates from the physical body. The person experiencing the astral projection is aware of and involved with what is happening.

Humans have been interested in the separation of mind and body since the beginning of time. It has been mentioned by civilizations including ancient Egypt, China, India, and Amazon tribes. The idea that we can experience such unknown concepts has certainly captured our imagination. Science fiction has always been a popular topic in literature, television, and movies. Paranormal interests are a normal and fascinating topic for people.

The attraction of astral projection is obvious. While we experience and interact with the physical world and its inhabitants every day, the idea of a spiritual, unknown, energetic world—located just beyond a divide but still accessible by human beings—has an irresistible appeal. People are inherently explorers, travelers, and adventurers, after all. This makes the idea of humanity exploring the unknown as old as the story of humanity itself.

The astral body can be considered the liaison between the spirit or soul and the physical body. It is the animated, spiritual component of the human consciousness, part of the soul yet capable of separating. It is due to this unique status that people are able to travel outside their bodies. The soul is incapable of leaving the bod, as without it, the person would die. This also makes astral projection different from near-death experiences, which occur when the soul *actually* leaves the body for a short time. Near-death experiences are also involuntary, as opposed to the mindful nature of astral projecting.

It must be considered that these experiences all take place internally and that the astral being and physical body don't *actually* separate. This question cannot be definitively answered, as there can never be a definitive proof of astral projection. There is no way to take photographs during astral projection, for instance. This should not be considered as diminishing to the importance or possibility of traveling out of the body. This practice is very

moving and personal to many people, and the knowledge and feelings that they experience are very real.

You will travel through the astral plane, which is also known as the spiritual world. It is a paranormal level of existence beyond what we will ever know in the physical world where we live our day-to-day lives. It is one of the seven planes defined by some as being an elusive area of being. The other six planes are etheric/physical (this is the plane where human life exists), causal/mental, essential, spiritual, monadic, and "manifestal." The astral projections discussed here only involve the astral plane, which is the nearest one to our physical world.

What are some benefits of astral projection? One is spiritual awakening and growth, the knowledge that there is much more to existence than what is present in the physical world. In the astral realm, we can see unimaginable things, meet and interact with other people and beings, move unimpeded through time and space. Similar to how traveling through the world is considered a positive vehicle for personal growth, traveling through the astral world can operate in the same manner. If personal growth on a spiritual level is your goal, then astral projection is a great possibility for you. You will learn that consciousness does not require a physical body to thrive. This can be truly life-altering for many people, as that very idea goes against what we understand about our existence.

Over and over again, people report overwhelmingly positive feelings as a result of astral projection. These include feeling:

- More self-confident
- More appreciative of life
- A sense of inner peace
- Less stress and tension
- More energetic

Most of us would agree that if there were a 'magic pill' that could offer even one of these outcomes, we would be more than happy to take it. In fact, we would probably do everything we could to get our hands on it! That is another way to think of astral projection. It offers its practitioners these benefits in a way that is safe. To repeat, the person is in control the entire time. There really are not any side effects, and certainly nothing questionable or dangerous, like what can be found in some 'magic pills!' And, no prescription is required.

Please always keep in mind that everyone's experiences will be different, just as everyone's experiences in this plane are different. There is enough information that we can surmise what astral projection may be like, but no two people will have the same practice.

You may find that you develop an interest in past lives through your work. Through your spiritual travels and heightened consciousness, you will open yourself up to new avenues of knowledge that you may not have previously had.

Another benefit of astral projection is the friendships you can make with people in the physical 'real' world! On the Internet, there are numerous fan sites, YouTube channels, forums, and other places for people who are interested in and practice astral projection. In a world where social isolation and loneliness are ever increasing, this is an important consideration. When the topic is something that can be misunderstood and controversial, like astral projection, it is even more imperative. The people in your life who do not understand, or maybe even believe in, out-of-body experiences may be dismissive, uninterested or mock your newfound interest, leaving you feeling isolated and alone. Since you are undoubtedly having a great time in the astral realm, it can be disappointing and frustrating to not have people with whom you can share your excitement. Fortunately, you will definitely be able to find likeminded people online who will be encouraging, interested and supportive of your experiences. Lots of times, people who initially meet online decide to meet up in real life, forming deep friendships. You may even decide to visit the astral realm with some of your new friends—why not, when anything is possible! Just think of how much deeper and more intense these experiences will be when shared with other people who are as passionate and excited about it as you are.

Try to be understanding and compassionate toward the people in your life who are not supportive of your interest in the astral realm. It is highly likely that their reaction is based on fear of the unknown, rather than any specific issue with astral projection. It is up to you to understand that their spiritual side is simply not as developed as yours and behave accordingly. It may be easiest to just not talk about it with them, as this will spare both sides from having some uncomfortable and even argumentative situations. It is not your job to educate anyone who is not interested, and it is not anyone else's job to change your mind about your beliefs. It is much easier and more positive to just stay away from the subject with certain people and much better than

removing people from your life just because you differ in opinion on this one subject.

If your interest grows, it is extremely likely that you will be able to find classes, whether online or in your community, that can help you to develop your skills and knowledge even more. You are encouraged to take advantage of whatever opportunities you can find to help develop your consciousness. The benefits are too many to mention, and by becoming a better person, you will be doing your part to make the world a better place. Not everyone can say that, but you can and should be proud of that fact.

Please know that astral projection is different from sleep paralysis. That is when the person is in a state of consciousness but is unable to move the body. It only lasts for a few minutes before the person regains control of his body. It is considered a state of being between awake and asleep, so somewhat similar to the hypnagogic state, and most often occurs either when first falling asleep or waking up. The difference here, of course, is that when you are in the hypnagogic state, you are in full control, but in sleep paralysis, it is the opposite result. Sleep paralysis is frightening when it happens, but it is considered to be relatively harmless and no treatment is recommended.

Chapter 2: What to Know Before You Try Astral Projection and What Might Be Holding You Back

Eat

As with any physical and/or mental activity, it is crucial that you prepare yourself physically. The best, easiest, and most effective way of doing this is to eat a proper diet. It is not necessary to go on a special eating plan or anything like that before you start astral projection—but you should definitely be thinking of food as fuel for your body. You should be eating as clean as possible and avoiding packaged and junk food as much as you can. You are going to be asking a lot of your physical self throughout this process and need your body to be as prepared as possible. Without proper nutrition, you may quickly start feeling tired and will lose concentration. Focus on eating fresh fruits and vegetables, lean proteins (stay away from red meat, if possible), whole grains, beans and legumes, and healthy fats. Avoid sugar, caffeine, processed foods, fast food, and alcohol—and organic foods are definitely recommended. Don’t eat a big, heavy meal just before astral projection, as digestion can reroute the body’s energy away from the task at hand.

Hydrate

Just as important as eating well is drinking enough water. It is essential to keep your body hydrated, as water keeps your body working properly. You would never think of exercising without drinking water, and it can be helpful to think of preparing for astral projection in a similar way. Water regulates all of the body's systems, and without it, we simply don't work in the same way. There are no hard and fast rules that you should drink X number of ounces in a day. It is more important to train yourself to think that water is really the only beverage you should drink. Avoid sugary, caffeinated, and carbonated beverages altogether, and drink water with meals. You should also not wait until you feel thirsty to drink water, as this indicates that your body is already low on fluids. Drinking plenty of water will help your body thrive during astral projection!

If drinking solely water is not your thing, you are welcome to add tea to your menu. White tea is your best bet because it is the least processed and retains the most natural benefits—followed by green and black teas. Tea has antioxidants, may decrease your risk of having a stroke or heart attack, and it is good for both your immune and digestive systems. It is also hot and soothing, which can do wonders for our comfort. There is a reason that the British have long been known for sitting down with 'a cuppa' at times of stress and trouble.

Meditate

There are numerous proven benefits to meditation, and it can be an extremely useful tool in astral projection. Some of the best reasons to meditate are stress reduction, increased compassion, greater concentration and awareness, and an increased sense of calmness and self. All of these will help you have a successful astral projection. With meditation, you are training your brain to consciously relax and ignore distractions. For people just beginning meditation, it is recommended to find a guided meditation that you like, as having expert instruction can be an invaluable teaching technique. There are countless options online, so you can try as many as you like. It might take you a while to find a good one; it is important to be patient and give yourself over to the experience. In the end, the benefits will outweigh the frustrations!

It is also a great idea to practice meditation on your own. One popular beginning meditation method is known as the 4-7-8 Breathing Technique. It is very simple and straightforward. To begin, sit in a quiet location, anywhere where you won't be disturbed. You can sit on a chair or on the floor, possibly with some pillows for comfort. Sit up straight, close your eyes and breathe in through your nose for four counts. You hold your breath for seven counts, then exhale through your mouth for eight counts. Pay attention to how your body feels, how you can feel the air moving in and out of your lungs. Think of inhaling the good and exhaling the bad. You will feel yourself relax as your mind clears—this is where you want to be! If you feel your mind start to wander, always return to the 4-7-8 count, as concentrating on this will help keep you from getting distracted. Practicing meditation is an ideal preparation for astral projection. You will learn to focus and concentrate while also relaxing and entering a clear state of being.

Another beginning technique for meditation involves simply concentrating on a specific thing--anything the practitioner chooses. You can repeat a word or mantra in your mind, follow your breathing, or listen to white noise in the background. This should be anything that allows you to focus on the act of meditation, and that you can quickly return to if you find your thoughts wandering.

Visualize

You also want to spend time visualizing yourself in the astral realm. This is just what it sounds like—practice seeing yourself apart from your body. This will allow you to gain more control and confidence when you are actually experiencing astral projection and will make the transition much smoother.

Obstacles

The fact that you are interested in and preparing for astral projection indicates that you are open to the experience and have a good chance of success. There are, however, obstacles that may stand in your way.

Fear

The idea of undertaking astral projection sounds scary. There is so much that is unknown about the astral plane. Even if you feel that you already know a lot about it and have spoken to numerous people about their experiences, it is not the same thing as experiencing it firsthand. Every person's experience will be different, and there is a great deal of the unfamiliar in this realm. That is part of what makes astral projection so intriguing, but it also makes it frightening. To combat feelings of fear, it is recommended that you give yourself plenty of time to prepare. It is understandable that you are excited and can't wait to get started, but it makes sense to do everything you can beforehand to ensure your success. Again, meditation is an incredible resource that will work wonders in preparing you for your journey. Give yourself five minutes here or there, whenever you can, do focus your mind and give yourself confidence. As you train your mind, you will gain mental strength and more control over yourself. It is quite similar to an athlete in training, and you can think of your preparation in this way. You will see the benefits as you prepare in a smart, attentive manner. You may even be surprised by feeling better, stronger and more confident in your daily life and interactions with others.

Doubt

What if astral projection isn’t real? Regardless of how deeply you may believe in it, it is more than understandable if you still wonder if there is anything there. You don’t want to invest the time in research and preparation only to end up feeling disappointed and foolish.

It is impossible to guarantee that any person will be able to enter the astral realm. The thing to remember is that it is really up to you to have a successful astral projection. Every person is capable of it, but only through preparation, research and belief will it actually happen. Remember this, and you will be able to quell the doubt. You must remain open-minded and believe in what you’re doing. Doubt may do its best to slow you down or even stop you but remember that your passion is stronger than the doubt.

Also remember that even if your astral projection doesn’t look or feel like you thought it would, that doesn’t mean it was a failure! Try appreciating the experience for what it was, be grateful for it, and look forward to doing it again. Attitude is everything!

Chapter 3: Best Astral Projection Techniques and How to Perform Them

All of these techniques will allow you to pursue astral projection, but they may take time! Do not get discouraged if you find yourself thinking about other things—just refocus back to the task at hand. As with anything else, all of these take practice, dedication, and diligence. The reward will be there, however, when you achieve your goal and accomplish astral projection. Just remember to be patient. Whether it takes minutes or days, you will get there!

Space

Make sure that you are in a location that will be absolutely free from distractions. There can't be anyone speaking in the background. no cell phones, TVs, or music playing. no pets trying to get your attention--nothing. These normal, everyday background noises will keep you from focusing on freeing your astral body and will guarantee that you are unable to obtain your goals. No matter what it takes, you must ensure that your environment is conducive to a peaceful, spiritual undertaking. Maybe you send everyone in your home off to the movies for a couple of hours, power down your electronics, and take this time for yourself. Not only will your astral projection be enhanced, but you will find that the simple act of taking care of yourself will give you benefits in your everyday life. Self-care is an important key to spiritual development and living a happy life.

You will also want to decorate your setting to make it conducive to relaxation and free from negativity. Having some healthy, green leafy plants around will help clean the air, create a feeling of peace, and overall enrich your environment. Some plants that are known for attracting positive energy are rosemary, jasmine, Aloe Vera, and orchid—among others. Having fresh flowers in your space will also add to the positive vibrations. Burning incense can be a great trick to lead your mood in a certain direction. You can also use essential oils in a diffuser to create a positive disposition in your environment. The best scents to encourage relaxation, brain function, and positivity are lavender, cinnamon, valerian, vanilla, pine, and jasmine. You will be surprised at how inhaling these fragrances will help you relax and focus on the exciting adventure you are undertaking.

Depending on how deep your interest goes, you can incorporate the practice of Feng Shui to attract positive energy into your home. This is a practice that allows you to achieve balance while maximizing your likely attainment of success—all by adjusting your living space. For example, doors and windows should not be blocked by furniture in order to encourage free, unimpeded flow of energy between rooms. Also, the placement of light fixtures can impact balance and support, and mirrors can be used to optimize energy. Candles are also a great accessory and are much more calming than bright, overhead lights. The gentle, flickering light makes a great background to the meditating and spiritual travel that you are doing. It encourages the dreamy, softly defined atmosphere we need. You can definitely use scented candles in the same fragrances described above. However, it is recommended that you

only use one scented accessory at a time—so don’t combine candles, incense, essential oils, and/or anything else. It will smell overwhelmingly strong and probably distract you, thereby interfering with your astral journey.

Healing crystals are a great addition to your spiritual arsenal. They contain powers connected to thousands of years of the history of the Earth, all there to help you attach to higher forces. Crystals emanate beautiful, peaceful forces that will really help you rise to a higher plane. You can use them as decorations in your space to remind you to concentrate and focus on your vibrational state. Carry them with you to serve as a talisman, giving you something to focus on, no matter where you are. You can even hold crystals in your hands during meditation and use them to assist with focusing and breathing. The study of healing crystals is fascinating and complex, and it will add a lot to your spiritual practice if you choose to include it.

Breathe

Focus on your breathing. Don’t allow your mind to wander--if you catch it, go right back to your breathing. Paying attention to your breathing is often difficult for people to master, accustomed as we are to daily distractions and multitasking. Think ‘breathe in’ as you inhale and ‘breathe out’ as you exhale; this will help you stay focused on your breaths. Some people also like to count each breath as they take it. Focus on your breaths filling and relaxing your body. You need your body to begin feeling extremely relaxed and almost disconnected. You should also practice mindful breathing for 15-minute periods every day. It may sound like you will need to dedicate a lot of time to astral projection and its associated acts but know that these can easily be woven into your daily life. They can even be combined so that obviously you are breathing while you are doing everything else—you wouldn’t be alive, otherwise! This is just a recommendation to add mindfulness everywhere, including to the simple, automatic act of breathing.

Meditate

This is a very important portion of astral projection, as was noted previously. Without being able to properly meditate and move to a deeper state of consciousness, it is possible that your attempts will fail. Not only is meditation hugely important to relaxation, but it also helps prepare the body and mind for the upcoming separation. This is naturally stressful, especially when you're new to astral projection, and the stress and fear can get in the way and prevent a successful experience.

It is worthwhile to briefly introduce the idea of chakras, which we will return to later in this book. There are seven chakras, or energy centers, in the body. They are Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown. If the energy centers become clogged due to negative vibrational activity, it can stunt your spiritual growth and ability to enter the astral realm or cause you to have a less than positive experience when you are there. One way to help clear out the chakras is to meditate on color, as each chakra has a color associated with it. Spend up to five or ten breaths thinking about these colors, and you will be taking great steps to positively increase your body's energy flow.

The colors are in the same order as the rainbow beginning with red and following the spectrum through to purple. First is red in the Root chakra, associated with ground and earth. Next is orange for Sacral, creativity, and desire; yellow for Solar Plexus, obviously the sun; green for the Heart, again for the Earth, all living things, especially those that grow from the land. Next up is light blue for the Throat chakra, it refers to sound; indigo for the Third Eye and light; and finally, purple for the Crown chakra and the light of truth.

At this point, you will be approaching the line between consciousness and unconsciousness. This is also known as a hypnagogic state, meaning just between being awake and being asleep. You may feel as though you have been hypnotized, while some people say it feels like dreaming. The difference to keep in mind, however, is that you are in control of what happens to you here! People who are hypnotized or dreaming are neither awake nor in command of their thoughts and actions. Astral projection is a *willful* undertaking, and that is what you need to remember any time you find yourself feeling unsure or afraid. You are awake, you want to be here, and you are guiding yourself through the process. Thanks to meditation and breathing, you are calm, focused and prepared for the next step in the process.

Vibrational Stage

Now, once you are well into deep breathing and meditation, you should feel your consciousness begin to alter and may literally feel that your body is vibrating or moving in some way. This is called the ‘vibrational stage,’ as practitioners believe that what you are feeling are the actual vibrations of your soul. This can be an intense feeling, especially if you’re new to astral projection, so it is important to stay calm, continue breathing and keep your mind clear. Nothing bad is happening to you! Just remember that you want to feel the vibrations, as that feeling means your journey in astral projection is successful and you are beginning to separate from your body. Continue with breathing and meditation and stay relaxed! You should soon start to enjoy and appreciate the vibrations, and it should be a pleasurable experience. It is also a sure sign that your spiritual energy is strong.

It is possible to raise your vibrational frequency and increase that connection to the spiritual world. This is definitely something that is in our best interest, and fortunately the best techniques that we are implementing due to our increased spiritual activity. For starters, make sure that you are breathing mindfully. This helps to begin the adjustment. Take some time to take a break and give yourself some care. Really think about your feelings, as ignoring them can lead to spiritual blockages that can impede your progress. This is not a time for you to beat down or ignore your feelings. Especially if you are going through a lot in your life (and really, who isn’t?), it is crucial that you address and deal with your feelings as they occur. Only by being honest with ourselves can we have any hope of obtaining spiritual growth and being better, happier people. Finally, repeat a mantra to help you cultivate love and compassion. Following these tips will allow us to begin lifting our vibrational frequency, further expanding our consciousness and allowing us a better connection with the spiritual world.

If you choose to devote some extra time to increase your vibrational frequency in order to give you greater access to the astral plane, there are some practices you can follow. Since every person is made up of four energy levels (physical, mental, emotional and spiritual), each of which needs to have positive vibrational flow, it makes sense to take care of them. Much of this is covered elsewhere in this book because it is good advice and is proven to work. Surround yourself with optimistic, happy people. Like attracts like, so you want to have as much good energy around you as possible. Eat a healthy balanced diet, be conscious of your thoughts and the world around

you, meditate, be kind and grateful. And, it is really a great idea to exercise and get your body moving. A healthy body is a happy body, and your vibrational energy will respond well to increased oxygen levels. You will also have more power in your physical life and will find yourself moving purposefully and confidently through your days.

Visualize Movement

At this point in astral projection, you will remain absolutely still while visualizing, or imagining, yourself moving. It is important to remember that the movement here is not in the physical world. Some people recommend visualizing small, repetitive movements, such as flexing your arm or bending over to touch your toes. Really allow yourself to focus on the details of what you are ‘seeing’ and ‘doing.’ Notice the feeling of air flowing against your arm as you raise it back to a 90-degree angle, or the slight head rush you feel as you fold your body forward to the ground. The point is to make the visualization as realistic as possible.

Once you master small movements, you are ready to move on to larger visualized actions. These can include seeing yourself flying through the air or shooting out of a cannon--even picturing yourself literally pulling yourself out of your physical body by climbing a rope. Again, it is crucial to be mindful of what you are seeing. Instead of just noting that you are flying, pay attention to how the world looks from your higher elevation and how your body feels, in addition to any other sensations you may notice. Look down and see yourself lying in the deeply relaxed state while you are above. You must work to keep your mind active and engaged in the process, or you run the risk of simply falling asleep and missing out on the astral projection experience.

It has been shown that visualization is an important tool for personal development, not just in the astral realm, but in the physical world. It can help you achieve goals and live the life you want, one that you are excited about and proud of. Not only can you do it internally, but you can create a vision (or dream) board to help you manifest and attract what you want. These can be a lot of fun and a great creative outlet. Stimulating your creative side can also help inspire your vibrational frequency. Isn’t it fascinating how interconnected everything is?

Astral Projection

You are now ready to begin astral projection! To do this, you need to separate your astral body from your physical body. This is fairly straightforward but requires all of your concentration and faith as well as your mind to do so. You should use whatever format works for you. Some people remove one part at a time, starting with their toes and working their way up the body. Others visualize themselves pulling up on a rope hanging overhead; some see themselves shooting out of a cannon into the astral realm. It is most important that you believe in whatever method you choose—otherwise, you are almost guaranteed to fail. For beginners, it is strongly recommended that they choose a slow and deliberate method of removal so that the transition is as gentle and free from fear as possible.

A popular technique for astral projection is known as the Monroe Steps. It includes seven easy-to-follow steps that will guide your astral body to leave your physical self. The seven steps are:

1. First, simply relax your body and mind.
2. Relax into the trancelike state of "hypnagogia" (somewhere between sleeping and wakefulness).
3. Encourage, within yourself, the feelings of mental strength and control, rather than feelings from the physical self; engage with your astral self.
4. Be aware of the spiritual plane vibrating all around you; it feels welcoming rather than threatening.
5. Enter and embrace the vibrational state; your astral body is preparing to join the astral plane.
6. Concentrate on exiting from the physical body into the astral realm, slowly and with intention; you will pull your spiritual self, part by part, from your physical self.
7. Conclude the process by guiding your astral self out of the body. Just visualize yourself separating, and it will be so.

Once your astral body is separated from your physical body, you should take a few minutes to simply appreciate what you've accomplished. Look at your physical body in repose, where you left it in the physical world, as your astral body hovers above it in a different dimension of time and space. It is really

remarkable that you've been able to achieve as much as you have already, as many people aren't equipped to venture this far into the spiritual world. This will also allow you to become comfortable being separate from your physical body. Know that your physical body is completely safe and at peace while you are conducting your spiritual journey. You are still breathing, blood is flowing, you are ALIVE! Although people who experience astral projection almost uniformly report a positive experience, it can still be overwhelming. You should allow yourself as much time as you need to adjust to this new state of being. It is more likely, however, that you will feel good and be too excited to hang around your physical body for long. You have successfully achieved your goal; now is the time to reap the rewards!

At all times, you should be focused on your lucidity. You can't let yourself fall asleep, no matter how perfectly relaxed you may feel. If you are aware you are lucid, this allows you to remain in control of your experience, will increase your enjoyment and help raise your consciousness even further. If you do fall asleep, you will likely begin having a lucid dream, which means basically that you are aware that you are dreaming. You cannot control your actions in the dreams (or the dreams themselves), so that is a different experience than astral projection.

It is important to note here that you don't need to worry about becoming permanently separated from your physical body. There is a strong, psychic connection linking the astral body to the physical one. Some people refer to it as a 'silver cord.' It is infinitely long and flexible, allowing the practitioner to travel as far and wide as he desires. But it is also absolutely unbreakable and serves as a permanent conductor back to the body. This knowledge will hopefully give you even more confidence and sense of adventure during astral projection, as it is a virtual guarantee of success! Think of it as a perfect, spiritual umbilical cord. It gives you ultimate freedom along with ultimate safety.

Now, you are officially in the astral realm!

For first timers, it is highly recommended that you stay within the confines of your home. Start out by wandering around whatever room you are in, noticing as many details as you can. Those details may not exactly correspond to what is there in reality, but this is unimportant, as you are experiencing a completely different realm than what you are used to. Then begin moving from room to room, exploring to your heart's content. While this is considered a beginners' practice, it should be noted that this is still

happening in the astral realm. That is an astounding statement and will hopefully keep beginners from feeling that they have to go too far, too fast. Keep it nice and slow for the first time and be grateful for what you are experiencing.

You will probably feel like you are weightless, you will feel dreamy yet very aware, and it is possible that you will feel somewhat unsteady. This is absolutely normal and to be expected. As you become more experienced, these feelings will lessen, and you will become more surefooted and certain in how you can get around. Again, giving yourself time to master your place in the astral world can and should be fun. Here you can walk through walls, float as if weightless, move through different dimensions… the list is endless. As you continue with astral projection, you will find that there really are no limits. You can explore the farthest ranges of outer space, every astrological wonder, solar system, black hole, all of it. You can travel through all of time, from the Big Bang, through all of the different periods to the beginning of human existence. Experience (for 'real!') ancient Greece, the Renaissance, the Revolutionary War, anything and everything up to modern times. Literally, nothing is off limits or out of reach. You will encounter an infinite variety of other beings, some familiar, some utterly unfamiliar. Most amazingly, you will meet other people, just like you, who are tourists in the astral plane. You can actually make new friends and travel companions—just in a different realm than the usual one!

You can visit different civilizations and societies, multiverses, every part of planet Earth (from the depths of the seas to the highest mountain peaks), and who knows what else! That is one of the best and most exciting parts of this--that there is so much that is unknown but just waiting to be discovered. Shrink down to microscopic size and explore the inside of the human body, see what it is really like inside a beehive, or be the proverbial 'fly on the wall' during mankind's most well-known moments of the past! You can meet famous, historical figures, contact your own departed loved ones, and interact with creatures from different species. Why not take to the skies in hot-air balloons, dive to mysterious ocean depths and cross the Arctic on foot.

Another possible idea when learning about astral projection is to learn more about the Buddhist religion. Buddhism and astral projection are both strongly focused on increased consciousness. There is a word in Sanskrit, 'vijnana,' that means 'life force' or 'consciousness.' This word is found throughout

Buddhist literature and is dissected through numerous levels of conscious states. There is a strong mind-body connection in Buddhism, which also connects it to the astral realm. It is an interesting religion that has a sense of spirituality to it. It is certainly not required that any religious faith need be involved in the study of astral projection, but it can definitely be one consideration out of many. It is just another tool in your toolkit for spiritual growth.

No matter how you approach astral projection or what you hope to get out of it, you can really go as far as you want to with it. You can master all of the techniques listed here and become advanced in your practice. Maybe you will feel such a strong connection that you begin teaching classes and guiding people through their own astral projections. You will definitely learn new and unexpected things about yourself and the universe, and it makes sense that you will want to share this knowledge with others that you care about. There are so many ways that you can do this. If you feel like it, you can invite people to know more about astral projection with you. Or you may want to go in a more generally spiritual direction. Maybe you want to start a meditation, Tai Chi or yoga class at work during lunchtime for your coworkers. This can be a fun and non-threatening way to share some quiet, meditative time without getting too deeply into the spiritual side of things. It is really a good idea from a health and wellness point of view. Many workplaces will provide space for a workout or activity such as this, and study after study has shown that healthy, well-balanced employees are more productive. That, of course, means it is in the company's best interest to allow and encourage these activities. It is also a great way for you to stay connected to the spiritual side of things even when you are away from home. Just because you aren't enjoying a quiet bath or resting in your quiet meditative space at home, does not mean that you should completely forget about raising your consciousness when you are out in the physical world. You can deepen your friendships and make new ones, all while helping these people and yourself keep your chakras clear and flowing smoothly, raising your consciousness, and practicing self-care. Many of the techniques here work well as bonding exercises with other people.

It can also be a great idea to involve your children, if you have any, in spiritual growth and development. Young people are naturally more open-minded and less cynical than adults and are therefore normally more able to access their mystical sides. Set aside time to practice meditation with your

children, take a parent and child yoga class--any number of things are possible. Again, this is both extremely useful for you and your child's spiritual growth. It is also a great way to bond with your child while enjoying a fun activity. Your child will probably take to the new, spiritual pursuit right away, with a child's sense of wonder and achievement. This can lead children to become incredibly developed and knowledgeable, compassionate and empathetic. Children who are able to grow up in this spiritually-aware manner will become kind and grateful adults, who are connected to the world and want to make it a better place. In the long run, that will only benefit all of mankind and the planet we live on. And there really is no better time to start than now.

Chapter 4: How Do I Come Back and What to Do After?

All good things must come to an end—unfortunately, that also includes astral projection. At some point, you will have to return to your physical body in this world and resume your normal life. You should return to an overwhelming sensation of peace, love, and raised consciousness. You may also feel tired, overwhelmed, and needing time to process your feelings about what you've just experienced. All of this is completely normal and understandable. You have just lived through something that—while all of us can do it—not all of us will. It can be a lot for some people to deal with. What you have done is really special.

To return to your physical body, you need to remember the silver cord that we spoke of earlier—the umbilical cord connecting the astral and the physical. It will now guide you back home, allowing you to reconnect your astral body with your soul. As with other aspects of astral projection, this purposeful relinking will be very positive and uplifting.

As we mentioned before, the silver cord is infinitely stretchable and completely unbreakable. It can never be torn, cut, tangled, or in any way removed. It will always, always, *always* connect the astral body and the physical body. Hence, just as they 'follow the yellow brick road' in the Wizard of Oz, you will follow the silver cord to get you back home. It really is as easy as that. Wherever you are in the astral realm, whoever you are with, whatever you are doing, your silver cord will be there—acting as the liaison between you in the spiritual world and your physical body.

So, once it is time to return to your physical body and end astral projection, all you have to do is grab hold of your silver cord and take yourself home. It can happen instantaneously, if you so desire. Concepts of distance, time, etc. are meaningless and have no bearing in the spiritual realm. As with the rest of your travels, you can decide how you want to get back. You can snap your fingers and—voila—you are back in your physical body. Maybe you want to see yourself following the silver cord like a guide rope or following a path of breadcrumbs. You can fly, take a hot air balloon, shoot from a cannon—however you feel most comfortable is the best method for your return journey. Just guide yourself and make it happen.

It is also a really good idea to set a timer of some sort to remind you when it is time to end your astral projection session. As people get more and more

involved with this practice, it can become easy to lose track of time—especially since time, space, and matter are irrelevant in the spiritual realm. Time spent outside your body can seem like minutes but really be hours or vice versa. It is also, of course, critical to not spend all of your time astral projecting! You need time to sleep, rejuvenate, and simply live your physical life—eating, working, exercising, playing, etc. Setting a soft, gentle timer to alert you that it is time to take hold of the silver cord and begin to follow it home will be most helpful. It is also understandable if you put the timer on sleep when it first alerts you—take the final few minutes to complete your project, conversation, or journey that you are experiencing and then follow the silver cord home to your physical body. It should not be loud and jarring, like an alarm clock, but something like chanting, rhythmic gongs, or soft music—anything that can grab your attention in the astral world without disrupting your journey.

It is most likely that you will regain full consciousness when you are back in your physical body. It is not technically waking up, of course, because you are not asleep, but that is the easiest description of how the sensation of returning feels. It is different from leaving, which requires more effort on your part. Coming back is much simpler and more rapid. All of a sudden, you are back where you started.

Now it is important to perform a system check on yourself and see how you are feeling. It is highly likely that, in the beginning, you will be both invigorated and slightly dazed. Invigorated because you just achieved a goal that is truly spectacular and unique. Dazed for those same reasons—it can be a lot for any person to process. Your body may also be feeling slightly stiff or unused, depending on how long your projection has been. Take a few minutes to familiarize yourself with how it feels to be back, reacquainting yourself with your body and the physical world. Embrace the feelings that have returned with you from the astral world. You should retain the sensations of raised consciousness, love and peace, which is, for many people, the reason for beginning astral projection in the first place.

You can stay here for a few minutes to ease your journey back to the physical world. Focus on your breathing (practice the 4-7-8 technique), repeat your mantras, and stay relaxed. You want to hold on to the positive feelings that you brought back, as this will really make a difference in your everyday life in the physical world. A good mantra here might be something simple like ‘I will remember,’ which will help tell your brain that you want to retain this

information. Really pay attention as you repeat the phrase.

Many practitioners find it fun and helpful to keep an astral projection journal. Journaling is receiving increased recognition for its benefits, such as increasing mindfulness, improving memory and comprehension, and encouraging more self-discipline. Journaling after astral projection offers all of these benefits, along with the vitally important function of helping you to remember and process what you experienced in the spiritual realm. You also don't have to worry about hoping you remember everything, as you are creating a record that you can refer back to whenever you choose.

On a more technical note, when you are in the astral realm, your experiences are happening to your 'extra-physical' brain. The ideas here are to transfer your experience from there to your physical brain. As you continue with astral projection, you will constantly build upon your current knowledge, ever raising your consciousness to even higher levels. It is almost like making a New Year's resolution, except even better. It is more likely that you will hold on to the lessons, especially since you can astral project as often as you like—not once a year like New Year's!

Your spiritual growth will be remarkably accelerated by the transfer of energy from the astral world to this one. There are no limits there, so your consciousness can rise to ever greater heights by your journeys. This is very exciting and transformative—it should be something that you will really enjoy. You will see the benefits in all areas of your life—other relationships, in your job, your overall level of happiness and enjoyment of life. The possibilities are endless, just like the limits of what you can achieve through astral projection. You are not even limited by your own imagination, and without these restrictions, it can certainly make a tremendous difference.

Chapter 5: What Is the Downside of Astral Projection?

So many parts of astral projection are not only positive but are really special and it can be easy to think that there are no drawbacks whatsoever. As with anything else, however, there are going to be aspects of this that are less positive than others. Fortunately, these are all within our control, and we can make sure to work toward constructive solutions.

One is that you may become too involved with your interest in the astral plane. There is so much about spiritual travel that is truly wonderful and better than life in the physical realm that you may be tempted to spend an inordinate amount of time journeying. This is clearly unhealthy and should be avoided. You must always focus your time and energy on the physical realm. No matter how much 'better' the astral world may seem, the physical world is our reality. Life here must be embraced and lived, not seen only as time spent between astral journeys. Any sort of obsession is bad, and too much of an interest in astral projection is no different. Don't neglect other parts of your life.

Another potential downside is that you may focus on your relationships with other devotees of astral travel, often online, to the detriment of relationships with the people in your real world. While online relationships with fellow enthusiasts of astral projection can be very important and rewarding, they are only one part of a healthy, well-rounded life, and should not be focused on exclusively. Make sure to spend time with friends and family. Go outside, partake in hobbies and other enjoyments. Travel and experience life. While astral projection can be an important part of your spiritual journey and life in general, it should complement your life, not overwhelm it.

Unfortunately, some people in your life will not be supportive of your interest in the spiritual world. Some people might even make fun of it and be downright insulting. It can be terribly difficult to maintain positive relationships with people like this, regardless of how long you have known them and how important the relationship is. Who knows what the motivation is for disparaging something that means so much to someone else, but that doesn't really matter as far as you are concerned. It will probably be easier to just not talk about your interest in astral projection, even though you may feel this is unfair. Why should you be held back in sharing something you are

passionate about, just because of someone else's negativity? That is a decision you will have to make yourself. Can you keep someone in your life who makes you feel this way? Ironically, your spiritual growth may be the thing that enables you to work through these feelings. You will be developing increased compassion and empathy, which are the very characteristics that allow you to deal with difficult people in your life. It is very possible for you to rise above this obstacle, treat these people with loving kindness, and continue to pursue astral projection. Or you may decide that it just isn't worth it to be around negativity and that it encourages self-doubt. In that case, you should remove that person from your life, recognizing that this will probably be painful.

Religious beliefs can stand in the way of successful astral projection as it can be difficult to reconcile faith and an interest in the paranormal. Open-mindedness is the most important balance to this knowledge. It is possible for a person to be religious and a traveler in the spiritual realm, if they so desire. As long as the person is honest with himself and open about what these different aspects of life and growth mean, there is definitely room for both sets of beliefs in a balanced life. There may be some indication that some aspects of out-of-body experiences are referenced in religious traditions including Buddhism and some Biblical interpretations. That could be a comfort for people looking to reconcile two things that seem so different.

It is worth remembering here that you cannot become lost in the spiritual world, you cannot be injured or sick, you cannot hurt anyone, and you cannot have any impact on events or people in the physical world. In other words, what happens in the astral realm, stays in the astral realm!

It is wondered if you can be possessed by a demon or be hurt by some kind of negative spirit. No, you do not have to worry about a devil taking over your body and making you do awful things under its influence. As for the other, it is possible that you will run into beings or spirits that do not have positive intentions. While you may encounter them, they will not have any power to influence you or your actions because you are in control of what you do. If you intended to go into the astral realm with negative intentions, it wouldn't work anyway.

Some people have repeated difficulty in staying in a hypnagogic state. They find themselves so relaxed that they fall asleep. The experience then moves into the realm of lucid dreaming, rather than astral projection.

Lucid dreaming is an interesting concept that can and should be explored

by those with an interest in the paranormal. When you are lucid dreaming, you are asleep but aware that you are dreaming. If you find yourself moving between astral projection and lucid dreaming, you should embrace both experiences. One benefit of lucid dreaming is that you can refer to a number of dream interpretations that can help you explain what you are experiencing in your dreams and what it means in your real life. There is no similar interpreter for astral projection, so this is something working in lucid dreaming's favor.

While astral projection is great and the majority of the people you meet are as well, you need to be aware that you run the risk of being scammed. Since there is nor can there be any sort of proof or evidence, unscrupulous people can try to take advantage for financial gain. They can claim to be a guide to the astral realm, can offer products or services, and can serve as a communication link with people on the other side. Some people can offer this knowledge, while others only see the opportunity to make a quick buck. The best and most effective way to make sure that people claiming to be spiritually enlightened are legitimate is to do research. You can search for them online, talk to other people and friends and see what kind of chemistry you have with these people. Often, your own sixth sense is a great indicator of whether something is legitimate or whether it is sketchy. Also, pay attention to online reviews and what people are saying. If the overall perception seems to be that these spiritual experts don't deliver on what they promise, trust what the reviewers say unless it seems like the reviews have an ax to grind or some interest other than honesty and community service. Online evaluations are a great way to find out the truth and whether or not guides can actually give you the guidance and expertise that they promise.

The main risk of astral projection is simply fear of the unknown. Once those fears are faced and addressed, we gain control over them and they dissipate. Meditation, breathing, mantras, visualization--all of these techniques make for a smooth preparation, entrance, journey and return.

Chapter 6: Frequently Asked Questions About Astral Projection

How Much Time Does It Take to Astral Project?

While some people do experience impulsive or involuntary out-of-body experiences, for most people, it will take some time to achieve the journey. Whether that is due to heightened spiritual function or some other explanation does not really matter. As we have discussed, it is smart to take some time and prepare for traveling to the astral realm. There is no set guide, however, for how much time you should invest in the preparation, the journey and reentry, and the recovery.

Everyone has a completely unique adventure with astral projection, and this includes the amount of time invested. You may be so excited and enthusiastic that you decide to get started with only a few hours of preparation. Others may take a more cautious approach and spend more time with research and talking to other people before getting started. However, as much time as you need to make you feel the most comfortable and secure is how much time you should spend preparing.

As for how much time the astral projection itself takes, the answer should probably be under 30 minutes for beginners. That is enough time to meditate into the vibrational state, separate from the physical body, enter and travel through the astral plane, and return. Also, remember that 30 minutes in Earth time can be an unlimited time in the spiritual realm. You won’t ever feel rushed or as though you don’t have enough time to do everything you want to do. Remember to set a timer to remind you to end your travels and come back to real life. As you continue to develop, you may find it will take more or less time, and you can adjust your schedule accordingly.

Do I Need to Protect Myself in Any Way?

There is really nothing to fear in the astral plane or your journeys there, so we would recommend preparing yourself through all of the techniques named here, and don’t worry about protecting yourself. You will be just great.

How Do I Know If It Worked?

There is no checklist that you can run through to determine if you achieved a spiritual journey. What you can do, though, is sit back and relax, relive your experience, and see how you feel about it. One of the main determinants of success is how positively you feel about the occurrence. In other words, if you feel that you successfully traveled to the astral realm and accomplished what you hoped, then you should consider that a win!

You can feel good about your travels if you achieved the vibrational state and feel connected to the spiritual world. Maybe you even feel that you were able to raise your consciousness. The vibrational state is an especially good measure, as it indicates increased levels of consciousness and something that just does not happen during the course of normal, daily life. You will feel your spiritual energy as it courses through your body, and it should feel stronger and more present than normal. Since you just spent some time in the astral plane, it only makes sense that your spiritual forces are enhanced. This will be a tremendous feeling that hopefully, you can build upon and that will stay with you as you go through your day.

Am I Crazy to Believe in Astral Projection?

In a word—no.

There is so much in this world and human experience that seems unexplainable by ‘rational’ means. It has made sense to millions of people since the beginning of time to investigate the spiritual realm for personal growth and to learn more about what it means to be human. While traveling out-of-body has not been scientifically proven, and there is much about it that is not described, it is very real for the people who believe in it. Especially considering that there really are no downsides to traveling through the astral realm. It is one of the only truly positive experiences that we can have. More and more people all the time are expressing an interest in the spiritual world and finding a growing community of like-minded individuals should be a very positive thing in your life.

I Haven’t Been Able to Achieve Astral Projection—What Can I Do?

It is possible that you are overthinking the issue and trying too hard. You may be so obsessed with experiencing the spiritual world that you are unable to achieve your goal. Try relaxing in a dark, quiet room and just breathing. Let go of everything else and just breathe. This will help keep you focused and calm. It is very possible that just by clearing away all distractions and focusing on the breath, you may be able to achieve the hypnagogic state and then the astral plane.

If you are interested in a greater spiritual experience, you may want to investigate clearing your chakras. The chakras are the energy center of the body and act as mystical fuel to the astral body. They can become blocked for a number of reasons, including past trauma or self-doubt. Clearing chakras can be very healing and cathartic—and of course, the benefits will extend to both the physical and astral worlds.

To clear your chakras, it is recommended that you:

- Spend time in nature, enjoying yourself at the ocean, mountains, or by a river. It may even just mean taking a walk outside if that is all that is available to you. Sunshine and fresh air are notoriously powerful healers.
- Take a hot, cleansing bath.
- Get up early and spend some quiet time before the craziness of the day begins.
- Try doing yoga, as it is known for its focus on centering.
- If you can, spend time with a pet. Bonding with a furry friend can be a great stress reducer.
- Write in a journal about what stresses you are experiencing, as well as good things that are happening.
- Meditate and focus on raising your consciousness. Spend time doing quick five-minute meditations whenever you have the time and space. Also follow longer, guided meditations that specifically focus on positive energy flow and clearing your chakras.

Following these suggestions will help clear out and balance your chakras. Once your chakras are in a better state, your energy force will flow freely and a major source of resistance to astral projection will be removed.

Is It Possible to Switch Bodies with Someone Else?

No, this is not something that we are familiar with ever having happened. It sounds as it would be impossible—since the object of astral traveling is that you remain in control of yourself the whole time.

Are There Any Drugs or Substances I Can Take to Help with Astral Projection?

It is not recommended that you use mind-altering materials to travel through the spiritual realm. While there are some hallucinogenic and other types of drugs that seem to offer similar experiences, you need to be in control of yourself in order to astral project. By the very act of taking drugs, you are by definition giving up your self-control. How will you know if your excursion was a true journey through the spiritual world or just a trip? Illicit substances may act to block your chakras further complicating the issue. Taking drugs, even if it is meant to heighten your astral experience, really negates the entire operation and should be avoided.

Are Near-Death Experiences a Type of Astral Projection?

Yes. The difference between astral projection and a near-death experience is that the former is voluntary, and the latter is not. People undertake astral projection for spiritual growth and fun. During a near death experience, a person is actually in the process of dying. The spirit, which is the life force, separates from the body and crosses over, starting the trip from life to death. It often involves traversing a long hallway toward a white light, which is understood to be the place where death occurs. They may even see their life passing before their eyes, taking stock before the end. The person's life is saved, and he returns from the astral world to his physical body. During a near-death experience, the person is not in control of his experience.

When Is the Best Time to Astral Project?

It is most important not to astral project at night or too close to your bedtime. There is just too much risk that you will fall asleep and miss out on the experience. While it seems logical that it would be easiest right before bed, evidence shows that is not the case. Many people report that it is the easiest first thing in the morning, perhaps because that is the closest to the hypnagogic state and because you're still waking up. That is not feasible for everyone, though, whether due to family or work commitments, so it is up to your individual preferences. Pretty much anytime you have the time and physical space available for astral projection is the best option for you. Whether that is supported or criticized by anyone else is irrelevant.

Conclusion

Thank you for making it through to the end of *Astral Projection: Unlocking the Secrets of Astral Travel and Having a Willful Out-of-Body Experience, Including Tips for Entering the Astral Plane and Shifting into Higher Consciousness*! Let's hope it was informative and able to provide you with all of the tools you need to achieve your goals, whatever they may be.

The next step is to get busy with astral projection! There is no reason to wait as you can begin working on your spiritual self immediately. Work on your vibrational energy and raising your consciousness. Start by slowing down, breathing mindfully, and setting up a meditation space. If you are really serious and excited to explore, you can start your journey into the astral world as soon as tonight. As we noted, however, it does not hurt to stop and take your time preparing. The more knowledge and self-awareness you bring to astral projection, the more confident you will be, and your experience will be more successful as a result.

Also included in this tome are some different self-care techniques. These will offer benefits in the astral realm as well as in the physical realm. Your life can be enhanced in so many different ways. You can really start to live the life you want. The sky (and beyond) is the limit—don't stop once you get started!

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!